BEST GUIDE FOR SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

11-17 JANUARY 2025

TV & Satellite Week

THIS WEEK'S TOP TV

NEW
THE CROW GIRL

NEW
SEVERANCE

NEW
BACK IN ACTION

EXCLUSIVE!

Our BIG 2025 preview

New **Unforgotten** heads our pick of this year's must-see shows

HotList This week's 28

Saturday 11

Earth Abides

***SCI-FI** MGM+*

Alexander Ludwig stars in this post-apocalyptic drama as a geologist who wakes from a coma to discover most of humanity has been wiped out by a deadly pandemic. *See Your Watchlist, page 16*

Slingshot

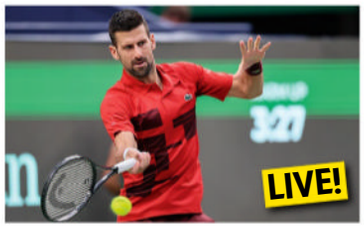
***SCI-FI** Sky Premiere, 8.35am & 6pm*

A crew on a mission to Saturn experience side effects from their hibernation drugs, blurring the line between what's real and what's in their heads. Casey Affleck (above) stars. *See review, page 23*

FA Cup Third Round

***FOOTBALL** ITV1, BBC1 & BBC iPlayer*

As the third round of the competition continues, there's the chance of giant-killings, starting with League Two's Accrington Stanley v Liverpool (k-o 12.15pm, ITV1). *See Sport Week, page 28*



Australian Open

***TENNIS** Eurosport 1, Eurosport 2 & Discovery+, from 12.30am*

As the first Grand Slam tournament of 2025 begins tonight in Melbourne, Novak Djokovic (above) will be aiming for a record-breaking 25th Grand Slam singles title.

■ Full listings start on **p35**

Sunday 12

FA Cup Third Round

***FOOTBALL** ITV1, BBC1 & BBC iPlayer*

It's a huge day for National League club Tamworth as they play host to Spurs (k-o 12.30pm, ITV1). Later, 14-times winners Arsenal take on Man Utd (k-o 3pm, BBC1). *See Sport Week, page 28*

Dancing on Ice

***ENTERTAINMENT** ITV1, 6.30pm*

Holly Willoughby and Stephen Mulhern return to present a new series of the ice-dancing contest, with stars taking part including Olympic rowing legend Sir Steve Redgrave. *See feature, page 11*

Playing Nice

***DRAMA** ITV1, 9pm*

The custody battle for Theo and David turns nasty in the final two episodes as Miles steps up his campaign to discredit Pete and Maddie. But Pete (James Norton, above) isn't willing to give up without a fight. Concludes tomorrow.

The Dry

***COMEDY DRAMA** ITV1, 10.15pm & 10.50pm (box set, ITVX)*

Second run of the dramedy. Shiv (Roisin Gallagher) is wondering if giving up her family would be as beneficial as going sober.

● ***Previously shown on ITVX***

■ Full listings start on **p45**

Monday 13

The Bunker

***DOCUMENTARY** Viaplay*

True-crime series detailing the horrific ordeal of Swedish woman Isabel Eriksson (not her real name), who was drugged, kidnapped and kept prisoner in a bunker for six days by Martin Trenneborg.

Jamie's £1 Wonders & Money-Saving Meals

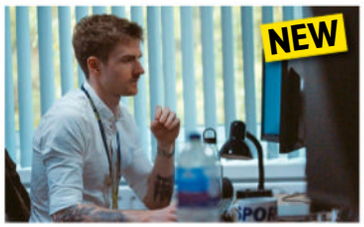
***COOKERY** C4, 8pm*

As the tough month of January continues, Jamie Oliver (above) helps us stretch the budget, making low-cost pork pies in the air fryer and a spaghetti frittata.

Silent Witness

***CRIME DRAMA** BBC1, 9pm*

Jack (David Caves) and Nikki (Emilia Fox) are called on when an estate agent is found bludgeoned to death, and they are met by a familiar face when they arrive at the crime scene. Continues tomorrow.



24 Hours in Police Custody

***DOCUMENTARY** C4, 9pm*

Cameras follow the Eastern Region Special Operations Unit as they embark on a bold mission to break an international crime gang, seize drugs worth more than £1.5 million and eventually make arrests.

■ Full listings start on **p55**

Tuesday 14

The Island

***DRAMA** BBC iPlayer*

This Gaelic-language drama follows a young family liasion officer, Kat (Sorcha Groundsell), who is sent to the Western Isles after the brutal murder of the wife of a local tycoon. *See feature, page 12*

Premier League

***FOOTBALL** TNT Sports 1, 2, 3 & 4*

All of tonight's top-flight games – Brentford v Man City, Chelsea v Bournemouth, West Ham v Fulham (all k-o 7.30pm) and Nottingham Forest v Liverpool (k-o 8pm) – are being shown live on TNT Sports.

Inside the Factory

***DOCUMENTARY** BBC1, 8pm*

Paddy McGuinness (above) dons a hairnet and steps on to the Walkers factory floor to discover the secrets behind the making of the moreish cheesy snack Quavers. *See Documentaries, page 21*

The Lost Women Spies

***DOCUMENTARY** Sky History, 9pm (box set, Sky Box Sets & NOW)*

This fascinating six-part series looks at how British female agents were sent behind enemy lines during World War Two. *See Documentaries, page 20*

■ Full listings start on **p65**

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best shows

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Wednesday 15

A Real Bug's Life

DOCUMENTARY Disney+

Awkwafina narrates this second series of the documentary, which takes us from Tennessee and Malaysia to Australia and England to get up close and personal with bugs, including the femme-fatale firefly.

Premier League

FOOTBALL TNT Sports 1, 2, 3, & 4

A busy midweek of fixtures continues with coverage of Everton v Aston Villa, Newcastle v Wolves, Leicester v Crystal Palace (all k-o 7.30pm) and Arsenal v Tottenham Hotspur (k-o 8pm).

Grantchester

CRIME DRAMA ITV1, 9pm

As Will (Tom Brittney) prepares to leave the village, he's having a tough time telling Geordie (Robson Green). But in the meantime, there's the matter of a murdered hotel manager and an abandoned baby.

Born in the Limelight – Nepo Babies: Untold

DOCUMENTARY C4, 12.05am

Does having a famous parent give you an advantage in the arts industry? Mel B's daughter, Phoenix (above), investigates.

● ***Previously shown on Channel 4***

■ Full listings start on **p75**

Thursday 16

The Crow Girl

THRILLER Paramount+

This thriller follows detectives Jeanette Kilburn (Eve Myles) and Lou Stanley (Dougray Scott) as they call on psychiatrist Dr Sophia Craven (Katherine Kelly) to help with a murder case. *See feature, p6*

Unstoppable

DRAMA Prime Video

Biopic telling the true story of American Anthony Robles (Jharrel Jerome), who was born with one leg and defied the odds to become a wrestling champion. *See Your Watchlist, page 16*

Premier League

FOOTBALL TNT Sports 1 & TNT Sports 2

Ipswich have a potentially tricky game against Brighton (k-o 7.30pm, TNT Sports 2), while Manchester United will be quietly confident as they face struggling Southampton (k-o 8pm, TNT Sports 1).

A League of Their Own

ENTERTAINMENT Sky Max & Sky Showcase, 9pm

Darts star Luke Littler, actor Tom Davis and *The Last Leg*'s Alex Brooker join in the fun this week. Romesh Ranganathan (above) hosts. *See feature, page 12*

■ Full listings start on **p85**

Friday 17

Back in Action

ACTION COMEDY Netflix

Cameron Diaz – in her first acting role for 10 years – and Jamie Foxx play retired spies Emily and Matt, who have to dust off their secret-agent skills when their covers are blown. *See feature, page 8*

Severance

THRILLER Apple TV+

Adam Scott (above) returns in the second run of the workplace thriller. The 'innies' at Lumon Industries are still reeling from the revelations learnt on the outside. *See Your Watchlist, page 14*

Bad Boys: Ride or Die

ACTION COMEDY Sky Premiere, 11.35am & 8pm

This fourth instalment in the franchise sees Miami cops Marcus Burnett (Martin Lawrence) and Mike Lowrey (Will Smith) working to clear the name of their late former boss. *See review, page 22*

True Crime Presents Murder: The Tattoo Clue

DOCUMENTARY ITV1, 9pm

The investigation into the murder of a woman after a dismembered arm with a distinctive tattoo was discovered at a pumping station in Hull.

■ Full listings start on **p95**

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: JONATHAN FORD/ITV; PARAMOUNT+; NETFLIX; APPLE TV+. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: SHUTTERSTOCK; GETTY; DISNEY+

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2025 preview

The **pick of the best** new shows and returning favourites coming to our screens this year

YOUR FRIENDS & NEIGHBORS *Apple TV+*

After being fired, recently divorced hedge-fund manager Andrew 'Coop' Cooper (*Mad Men*'s Jon Hamm) starts stealing from the homes of his neighbours, but in doing so, he uncovers secrets and affairs. The cast includes *Dirty John*'s Amanda Peet and Olivia Munn.

THE WHEEL OF TIME

Prime Video

The epic fantasy drama, set in a world where magic exists but only women can use it, is back for a third season. With the threats against the Light multiplying, Moiraine (Rosamund Pike) and Egwene (Madeleine Madden), who started the series as teacher and student, must now work together to prevent the Dragon from turning to the Dark no matter the cost.

UNFORGOTTEN *ITV1*

Sanjeev Bhaskar and Sinéad Keenan reprise their roles of DI Sunil 'Sunny' Khan and DCI Jess James in the sixth season of the cold-case crime drama. The pair go to Whitney Marsh, where suspected human remains have been discovered. It is the start of a complex investigation involving a number of seemingly unconnected people who knew the victim.

THE STUDIO

Apple TV+

Seth Rogen stars as Matt Remick, the newly appointed head of a movie studio, Continental Studios, where he and his team of executives, who are desperate for celebrities to like them, must juggle corporate demands with creative ambitions. The cast includes *Breaking Bad*'s Bryan Cranston, *Schitt's Creek*'s Catherine O'Hara and *Agatha All Along*'s Kathryn Hahn.

PRIME TARGET *Apple TV+*

Conspiracy thriller starring *One Day*'s Leo Woodall as a brilliant young mathematician, who is on the verge of finding a pattern in prime numbers that could hold the key to every computer in the world. But he starts to realise that someone is out to destroy his work. Together with an NSA agent (*In Treatment*'s Quintessa Swindell), he tries to unravel the truth.

WORDS: JUDY EWENS. PHOTOS: PRIME VIDEO, APPLE TV+, ITV, SKY, BBC, U&DRAMA, ©2025 DISNEY & ITS RELATED ENTITIES, HBO

A THOUSAND BLOWS

Disney+

Peaky Blinders' creator Steven Knight is behind this epic new drama set in the brutal world of illegal boxing in 1880s Victorian London and inspired by true-life stories. Two friends from Jamaica (Malachi Kirby and Francis Lovehall) meet the leader (*The Crown*'s Erin Doherty) of an all-female gang and fall foul of a criminal kingpin and vicious boxer (Stephen Graham).

TOWARDS ZERO *BBC1*

Based on Agatha Christie's hit 1944 whodunnit, this 1930s-set thriller features Oliver Jackson-Cohen as tennis star Nevile Strange, who decides to spend the summer with both his new wife and ex-wife at Gull's Point, the coastal estate of his aunt, Lady Tressilian (Anjelica Huston). But with tensions running high, the house party is rocked by a murder. Can Inspector Leach (Matthew Rhys) solve the crime?

THE WHITE LOTUS *Sky Atlantic*

Mike White's Emmy-winning satire about super-rich holidaymakers returns for a third run – this time set at a White Lotus hotel in Thailand. As usual, it follows the self-indulgent exploits of guests over the span of a week, with a cast that includes *Fallout*'s Walton Goggins and *Sex Education*'s Aimee Lou Wood as a couple, while Natasha Rothwell reprises her role as wellness practitioner Belinda from Season 1.

BERGERAC

U&Drama

Brassic's Damien Molony plays the title role in this reboot of the Jersey-set detective drama, which ran from 1981-91. Following his wife's death, Jim Bergerac is struggling with grief and alcoholism, so when a woman from a wealthy Jersey family is murdered, he must put his personal problems aside in order to investigate the case.

PROTECTION

ITV1

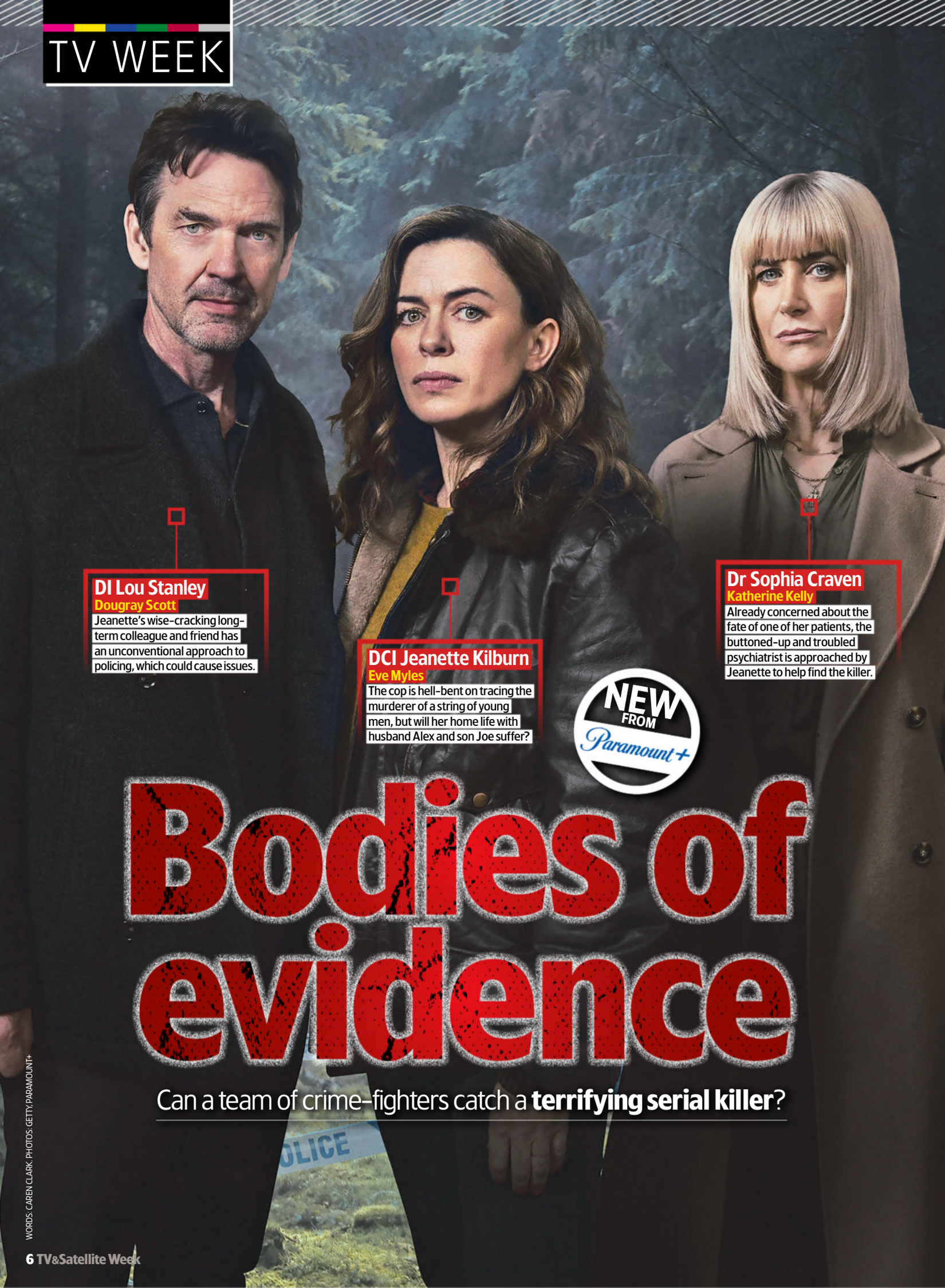
Witness-protection officer DI Liz Nyles (*Happy Valley*'s Siobhan Finneran) is compromised by an extramarital affair with a co-worker but then resolves to unearth the real cause of corruption within her unit in a crime drama based on the first-hand experiences of a long-serving witness-protection officer. Katherine Kelly and Barry Ward also star.

THE LAST OF US *Sky Atlantic*

The second season of the post-apocalyptic drama, based on the video-game series, follows Joel (Pedro Pascal) and Ellie (Bella Ramsey) five years after the events of the first season. After half a decade of peace, Joel and Ellie's past catches up to them, leading to conflict and a more dangerous world.

AM I BEING UNREASONABLE? *BBC1*

In the second season of the dramedy, we find Nic (played by co-creator and star Daisy May Cooper) living in a caravan with her best friend, having apparently gotten away with murder, while her son (Lenny Rush) seems to be following in her dark footsteps. Charlie Cooper guest-stars.



DI Lou Stanley
Dougray Scott
Jeanette's wise-cracking long-term colleague and friend has an unconventional approach to policing, which could cause issues.

DCI Jeanette Kilburn
Eve Myles
The cop is hell-bent on tracing the murderer of a string of young men, but will her home life with husband Alex and son Joe suffer?

Dr Sophia Craven
Katherine Kelly
Already concerned about the fate of one of her patients, the buttoned-up and troubled psychiatrist is approached by Jeanette to help find the killer.

NEW FROM Paramount+

Bodies of evidence

Can a team of crime-fighters catch a **terrifying serial killer**?

WORDS: CAREN CLARK. PHOTOS: GETTY; PARAMOUNT+

NEW THRILLER

The Crow Girl

From Thu 16 January, Paramount+

The hunt for a serial killer places a determined detective and a skilled psychiatrist under unbearable pressure in Paramount+'s new brooding psychological thriller, *The Crow Girl*.

Based on the Scandi-noir novels by Erik Axl Sund – which is the pen name of Swedish authors Jerker Eriksson and Håkan Axlander Sundquist – the uncompromising six-part series sees *Hijack*'s Eve Myles star as Bristol cop DCI Jeanette Kilburn, who is investigating a distressing case alongside her colleague DI Lou Stanley (*Vigil* actor Dougray Scott).

The pair are baffled when the body of a young man is found in a bag, having been beaten and drugged with an anaesthetic. Jeanette suspects that dentist Carl Lowry (Trevor White), who has been arrested for possession of child-abuse images, may be connected and she seeks the help of enigmatic Dr Sophia Craven (Katherine Kelly), the psychiatrist who is clinically assessing him.

But soon, a string of similar murders occur in the city, while Sophia also appears haunted by the disappearance of one of her other patients, Victoria Burkeman (Clara Rugaard), who is also known as the 'Crow Girl'. Are the cases linked?

Here, in an exclusive chat, Myles, 46, and Kelly, 45, reveal more…

'This show's DNA is about secrets and how and when we reveal them'

EVE MYLES

What drew you both to *The Crow Girl*?

Kelly I've never played a psychiatrist before. Sophia's a different character for me, so that was a draw.

Myles *The Crow Girl* is unapologetic in its choices and a special project. I'd been playing wholesome characters, but Jeanette was somebody I found challenging, so I jumped in with two feet.

How do you view your characters? What are they like?

Kelly Sophia seems unknowable, a lone wolf. But you see glitches in her behaviour. All is not as it seems. She's full of surprises.

Myles Jeanette is straight to the point, unfiltered, unforgiving and relentless – very different from my own traits.

Tell us a bit about the impact the case has on them…

Myles Bodies of young men are turning up every day and this is an emergency. Jeanette's juggling work and family but this is the start of something that changes her life. She knows it isn't going to stop, and she'll go to any lengths to get answers.

Kelly Sophia's wrestling with the past and her other cases and has taken on board more than she should. But she just finds this investigation intoxicating because this is a race against time.

DC Mike Dilliston (Elliot Edusah) and DI Lou Stanley (Dougray Scott)

How does their relationship develop during the investigation?

Myles They start on the wrong foot but then begin to come together. It's not about catty fighting; it's about two intellectual women. They need something from each other and an interesting, unusual relationship begins.

Kelly They're both independent, instinctive thinkers who play outside the lines. It doesn't take much to scratch the surface and realise that they're similar beings.

The show has made some changes from the books, hasn't it?

Myles Yes, I found the books incredibly disturbing and Milly Thomas [the lead writer of the adaptation] has sourced much of the material from them, but the series is different. The authors came on set and were thrilled.

Kelly The books are tricky and Milly found a different way in. But if you're a fan, I don't think you'll be disappointed.

It sounds like there are plenty of curveballs in store…

Myles Yes, this show's DNA is about secrets and how and when we reveal them – that's the thrill. The characters are where they should be for a reason, but it's not where they are by the end…

WHO'S WHO IN *THE CROW GIRL*

Superintendent Verity Pound

Victoria Hamilton

The senior officer is keen for the crimes to be solved, but reins in Jeanette's reckless behaviour.

DC Mike Dilliston

Elliot Edusah

Lou is mentoring the naive young detective, who is forced to assess his own moral code and uncovers vital evidence.

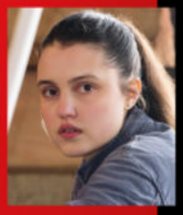
Victoria Burkeman

Clara Rugaard

The dysfunctional woman, known as the 'Crow Girl', is one of Sophia's clients and has vanished. But what secrets lie in her past?

Madeleine

Chloé Sweetlove



The teenager has a difficult home life and develops a bond with Victoria, which casts a shocking light over the investigation.

Amar

Roger Jean Nsengiyumva

The refugee arrives from Sudan and is caught up in a highly dangerous world. But how does that connect to the case?

Slash

APPETITE FOR DESTRUCTION

***The Crow Girl* is executive produced by long-time Guns N' Roses guitarist Slash, who now juggles his music career with working on film and television projects.**

'I am a horror and thriller fan and I fell in love with the novel. It's a harrowingly dark and suspenseful story – a great twisty tale,' says the 59-year-old rock legend, who also contributes to the theme tune and soundtrack of the show.

'I was too busy to write the whole score, but I would write music on the road and send it to the team. The theme song is such a moody piece.'

NEW FROM NETFLIX

Cameron Diaz makes her screen comeback as she joins **Jamie Foxx** for an action-packed espionage movie

Secrets & spies

WORDS: SEAN MARLAND, ALISON SLADE. PHOTOS: BBC, ITV, NETFLIX, ADOBE STOCK

Emily and Matt's life is upturned

NEW ACTION COMEDY

Back in Action

From Friday 17 January, Netflix

Actor Jamie Foxx hit the headlines at the end of 2024 when the Hollywood star revealed in a Netflix special that he'd been hospitalised after suffering a stroke while shooting high-octane movie *Back in Action* with Cameron Diaz.

Thankfully, after several weeks of treatment, the 57-year-old Oscar-winner was well enough to return to set to complete the action-packed film – which lands on Netflix this week.

Foxx and Diaz play former spies – married couple Matt and Emily – who left the world of espionage behind 15 years ago to start a family, swapping adrenaline-fuelled missions for a sedate life of packed lunches and parents' evenings.

Their two children, Alice and Leo, know nothing about their mum and dad's secret past, but when they accidentally blow their cover, the truth comes out and the family must go on the run.

UNDER PRESSURE

When the bullets start flying, Matt and Emily find they've lost none of their skill sets as they evade capture in a series of thrilling escapes...

'The fun thing about this movie is that it's full of humour and action,' says Diaz, who began her film career in 1994's *The Mask*. 'I related to the fact that all Emily wants to be is a great mother. She wants to give her children the life she didn't have. She wants to put her children before her profession.'

It's fitting, then, that the movie marks Diaz's return to the screen after she took a 10-year hiatus from acting in order to have children with musician husband Benji Madden.

'It felt like the right thing for me to build the life that I really wanted to have,' explains the 52-year-old, who now has two young children, Raddix and Cardinal. 'It really comes down to: what are you passionate about? For me, it was to build my family.'

CO-STAR CONNECTION

Diaz's last movie outing was 2014 musical *Annie*, in which she starred with Foxx, and it was the pair's close friendship that persuaded her to return to acting.

'The reason I decided to come back for this movie is 100% because Jamie was doing it,' explains Diaz, who also starred with Foxx in 2000's *Any Given Sunday*. 'Before Jamie invited me, I wasn't planning on acting in another movie again.'

Andrew Scott as Baron

The star-studded cast includes Jamie Demetriou, Andrew Scott and Glenn Close, who plays Emily's mother Ginny.

'Glenn was someone we knew we wanted from the start,' says writer and director Seth Gordon. 'Her character is a bit of an ass-kicking gangster grandma. Glenn had also done a bunch of preparation and she did all the stunts herself.'

While Close and Diaz were willing to put their bodies on the line for a host of action scenes, Foxx admits he was less eager, especially during a stunt sequence filmed on the River Thames in London.

'Cameron has young kids, so I was always using her as an excuse to get out of doing stunts,' he laughs. 'Then the stunt people would interrupt me and say, "Cameron says she's ready to go." So we had to run across a bridge over the Thames and it was freezing. At one point, I had to ask Cameron to stop saying yes to everything!'

Hollywood legend Glenn Close

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Will the truth come out?

EMMERDALE

Caleb discovers the DNA-test results for Steph...

» **Ruby has spiralled** following her estranged dad Anthony's arrival in the village. Unbeknown to her family, she was sexually abused by Anthony as a child, and there's a possibility that daughter Steph may be the product of that abuse.

Having confided in sister-in-law Chas that husband Caleb may not be Steph's dad – but not having revealed the whole, horrifying truth – Ruby has done a DNA test and the results are in. But as she's about to take a look, Caleb returns. Stuffing the envelope into her bag, she comes back to it the next morning and is about to rip it open when Steph interrupts her.

Ruby hides the results

Ruby concludes that she's best off destroying the results and never knowing the truth. But the matter is about to be taken out of her hands. Back at home, Caleb reaches into her handbag, looking for painkillers. When Ruby returns, he's holding the letter, wanting answers.

Will Ruby tell him about her traumatic past? And will the test results confirm her worst fear?

» **PLUS** Marlon accepts that April may be dead, Charity tries to keep Noah away from Joe, Moira begins radiotherapy, Wendy offers info on Ella when she's blackmailed by a journalist, and Nicola arranges for Anthony to tutor Angel.

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ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Kit and Daniel learn Daisy's pregnant (above), Bertie spots Cassie lacing Ken's tea, Rob offers Carla a kidney, Kevin discovers he may have testicular cancer, Lauren's trial begins, and Dylan is charged with possessing a knife.

EASTENDERS

» Sonia's trial begins (right) but there's no sign of Reiss or Bianca, Ravi refuses to be Denise's 'dirty secret,' Nicola reaches out to Jack, and Ruby feels sidelined as Stacey helps Martin fight to save the market.

NEW

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This year's contestants, including Sir Steve Redgrave (front)

Sir Steve Redgrave on why he's swapped rowing for ice skating...

Blades of glory

NEW ENTERTAINMENT

Dancing on Ice

Sunday, 6.30pm, ITV1

The first British athlete to win five Olympic gold medals in five successive Games, Sir Steve Redgrave is the most-decorated rower in history. But can he add another trophy to his haul as he takes to the rink for *Dancing on Ice*?

The 62-year-old joins the likes of *Springwatch* presenter Michaela Strachan and former footballer Anton Ferdinand as a new crop of famous faces try to impress judges Ashley Banjo, Oti Mabuse and legends Jayne Torvill and Christopher Dean in the 17th series of the ITV1 competition.

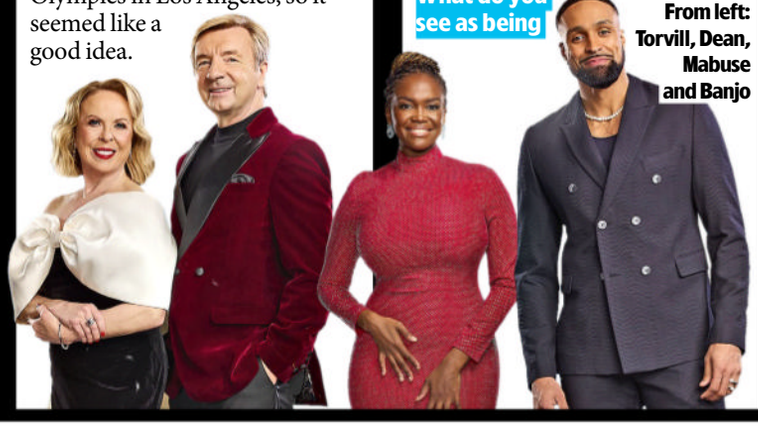
Here, Redgrave reveals why he's taking up the challenge…

Why have you signed up for *Dancing on Ice*? For the last series, I recorded a video segment about what Jayne Torvill and Christopher Dean mean to British sport to mark 40 years since their gold medal in the Winter Olympics. Afterwards, I said to the producers: 'I suppose you're going to try to get me on the show now' – and here I am. Last year was also the 40th anniversary of winning my first gold medal at the Summer Olympics in Los Angeles, so it seemed like a good idea.

How would you rate your skating skills? I'm starting from a low level – probably lower than everyone else due to my age – and I don't bounce as much as I used to. In 2014, I took part in C4's *The Jump*, and I did short-track skating. I could get around the rink all right, so speed isn't my issue, but style will be.

What do you see as being your biggest challenges? I've been diabetic for almost 30 years and the sensation in my feet isn't as good as it once was, so navigating my footing on the ice could be a problem. I also have Dupuytren's contracture, a condition that stops me being able to make my hands flat. So if I do fall over, I may have trouble getting up.

What do your friends and family think of you taking part? And will they come to support you? I used to go skating with my children when they were younger and I'm a grandfather now, so to be able to take my grandchildren out on the ice will be amazing. My friends and family all want tickets for the very first show – I don't think that any of them are holding our much hope for the ninth week!



From left: Torvill, Dean, Mabuse and Banjo

You liked...

ER on C4 (currently on Channel 4)

Created by Michael Crichton and set in the emergency room of Cook County General Hospital, this US medical drama ran for 15 seasons between 1994 and 2009. George Clooney, Noah Wyle, Julianna Margulies and Alex Kingston were just some of the actors who found fame on the show.

Now try this...

Berlin ER on Apple TV+

This German-language medical drama – released from 26 February – stars Haley Louise Jones as Dr Parker, who moves to Berlin to manage a chaotic emergency room in the most-overcrowded hospital in the city. The ER's stressed-out medics, including Dr Weber (Slavko Popadic), must pull together to save lives.

WORDS: VICTORIA WILSON, RICHARD MCCLURE.
PHOTOS: GETTY, NBC, APPLE TV+, ITV

Look Who's Back...

A familiar face appearing in a new show this week

Kym Marsh

NEW The Weekend Travel Show

Saturday, 11.30am, Channel 5

Born on Merseyside in 1976, Kym Marsh got her big break on talent show *Popstars* (inset) in 2001, going on to score two No.1 singles with pop band Hear'Say. From 2006 to 2019, she played Michelle Connor in *Coronation Street*. She has also presented BBC1's *Morning Live*, appeared on *Strictly Come Dancing* and starred in BBC dramas *The Syndicate* and *Waterloo Road*.

HER NEW SHOW

This week, Marsh joins Richard Arnold to bring viewers all the travel advice we need in a new eight-part series. The pair will follow celebs including Alexander Armstrong, Jane McDonald, Susan Calman and Ore Oduba on their holidays while giving us useful tips, trying new gadgets and even picking holiday reads, with travel guru Simon Calder also on hand to answer questions. 'It's a mix of fun and information,' explains Marsh, 48. 'There's something for every budget.'

Kym Marsh

Island of lies

A troubled cop returns home in a **Gaelic crime thriller**

NEW FROM BBC iPLAYER

NEW DRAMA

The Island

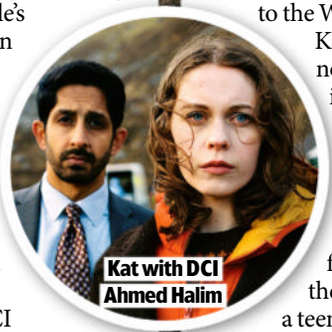
From Tue 14 January, BBC iPlayer (eps 1 & 2 from 14 Jan; ep 3 from 28 Jan & ep 4 from 4 Feb)

A wealthy family torn apart by secrets is at the centre of BBC iPlayer's brooding whodunnit *An t-Eilean*, or *The Island*.

Set in the Outer Hebrides and filmed in Gaelic with English subtitles, the thriller begins with the fatal shooting of Lady Mary Maclean and the wounding of her husband Sir Douglas (*Outlander*'s Iain Macrae) in an apparent burglary gone wrong.

But as the couple's grown-up children rush to the mansion, tensions begin to surface, seemingly rooted in a Hogmanay party 10 years ago.

Meanwhile, on the mainland, DCI Ahmed Halim (*Industry*'s Sagar Radia) recruits family-liaison officer Kat Crichton (*The Innocents*' Sorcha Groundsell) to join the case due to her links to the Western Isles.


Kat with DCI Ahmed Halim

Kat claims there's no conflict of interest, but it's slowly revealed in flashbacks that the Maclean family is the reason she was forced to leave the island as a teenager…

'Kat has a troubled history with the Maclean family, which means she now lives away from

Former footballer Micah Richards

Here comes treble...

Darts star **Luke Littler** joins **Micah Richards** and the gang

ENTERTAINMENT

A League of Their Own

Thursday, 9pm, Sky Max & Sky Showcase

After his exertions at the World Championship, teenage darts superstar Luke Littler joins Romesh Ranganathan and team captains Jill Scott and Jamie Redknapp this week for more wacky sports challenges in *A League of Their Own*.

We caught up with former Manchester City defender Micah Richards, 36, who has been a regular panellist on the show since 2022, to hear what's in store...

How did you find meeting Luke Littler? He's such a young sensation, and the hype that's around him is incredible. He was hilarious and just a natural fit for the show – definitely one of my favourite guests.

WORDS: HANNAH DAVIES, NATASHA HOLT, SEAN MARLAND, IAN MACEWAN, RICHARD MCCLURE. PHOTOS: BBC, CHANNEL 5, GETTY, SHUTTERSTOCK, SKY, CBS

Sorcha Groundsell stars as Kat

the island,' says Groundsell, 26.

'She reluctantly comes back to investigate this murder, which also means confronting things she's packed away at the back of her mind. It's a detective story mixed with a family drama.'

Meanwhile, as mystery surrounds whether Douglas is responsible for his wife's murder, shocking secrets emerge that even Kat can't have predicted.

'The Macleans have such a complicated history, so a key part of the drama is teasing out those details,' says Groundsell. 'We also slowly see how Kat was a wholly different person before all this darkness entered her life.'

Groundsell says that filming in Gaelic in the Outer Hebrides was a real career highlight.

'I grew up on Lewis speaking Gaelic and I've wanted to work in Gaelic,' she says. 'It's been a wonderful opportunity to reconnect with my language, culture and heritage.

'Also, anyone who's been to this part of the world will tell you that there's an energy that comes with the landscape – and that brought its own tension to every scene we shot.'

Luke Littler

We hear you take part in a zany challenge this week... It's a challenge called Human Darts. It was hilarious. I was dressed as a dart and Jill Scott and Tom Davis dragged me back in a harness and launched me towards a bullseye – it was chaotic but so much fun.

What's the most ridiculous thing you do in this series? Without a doubt, it was Magic Micah. Let's just say, I got way out of my comfort zone. They wanted me to take my top off and everything – not happening! It was a bit much, but looking back, it's one of those moments you laugh about later.

What would be your ideal challenge? I'd love to do a mini-Olympics. Imagine all of us competing in the long jump, high jump, 100m dash – all the iconic events. It would be chaos, but it would make incredible TV.

If you could invite any sports legend on to the show, who would it be? I'd go for Roy Keane. He's got this incredible mix of hardman energy and surprising warmth. He's a natural for TV and would outshine everyone. Paul Gascoigne would be great, too. He has this aura that lights up a room, and his stories are legendary.

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

NEW From

Tue, 9pm & 10.05pm, Sky Max & Sky Showcase (box set, Sky Box Sets & NOW)

The residents of *From*'s nameless American town find themselves in increasing peril from the demonic nocturnal monsters when the horror drama returns for a third run. As the community comes to terms with the terrifying fact that the monsters cannot be killed, the town is running low on food, while self-appointed sheriff Boyd (Harold Perrineau) and diner manager Tian-Chen (Elizabeth Moy) are lured into a deadly trap.

Silent Witness

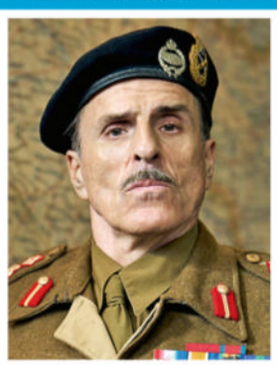
Monday & Tuesday, 9pm, BBC1

There's a blast from the past for the Lyell Centre team in the latest two-part case this week when Zoe Telford (left) reprises her role as Jane De Freitas, who's now a chief superintendent. She reunites with the team at a crime scene where estate agent Philip Chalmers (Tim Berrington) has been killed while visiting a property. Abigail Cruttenden guests as the murder victim's wife, Mary.

Matlock

Tuesday, 9pm, Sky Witness

In the legal drama's midseason finale, Madeline (Kathy Bates, left) misses a big day at school for grandson Alfie, gets caught up in Olympia and Julian's marital woes and also sneaks into Senior's office in search of incriminating files in the Wellbrexa case. Meanwhile, the firm takes on the case of a nanny fired from her job. Is she the victim of a malicious local mother?



SAS Rogue Heroes

Sunday, 9pm, BBC1

***Happy Valley*'s Con O'Neill** (left) joins the cast of the World War Two drama this week in the role of Commander General Montgomery, leader of the Allied invasion of Italy. When Monty pays a visit to congratulate SAS leader Paddy Mayne and his men, he issues orders for the SAS to swap their sand-coloured berets for red ones. However, Paddy is prepared to stand his ground...

NETFLIX
prime
BBC iPLAYER
Disney+
4
sky box sets
NOW
tv+

Unfinished business

Adam Scott returns in a second run of the **Ben Stiller**-directed thriller

Adam Scott as Mark Scout

Director Ben Stiller

Helly, Mark, Irving and Dylan

tv+ Severance

NEW *Available: Fri 17 Jan Genre: Thriller Season: 2 Episodes: 10 (released weekly)*

Back in 2022, Apple TV+'s darkly comic thriller *Severance* put a surreal spin on the idea of maintaining a work-life balance by exploring the challenges faced by employees who had chosen to have their office and home lives surgically 'severed' from each other.

Now, the series is back for a second run, directed again by Ben Stiller, as the increasingly unsettled workers at Lumon step up their mission to uncover the truth about their employers and the consequences of the procedure they have undergone.

In the last run, the office-based 'innie' versions of Mark Scout (Adam Scott), Helly Riggs (Britt Lower) and Irving Bailiff (John Turturro), who work in the mysterious Macrodata Refinement department, took a risky glimpse at their lives outside Lumon when their colleague Dylan George (Zach Cherry) helped them use the 'overtime contingency protocol'.

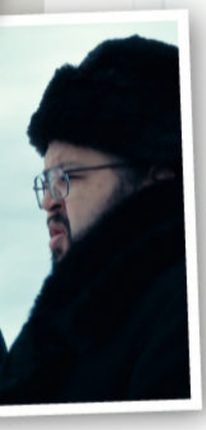
'Innie' Mark was stunned to realise that he was married to Lumon's wellness adviser Ms Casey (Dichen Lachman), who his 'outie' believes is dead. Meanwhile, Helly was horrified that her 'outie' is a member of the ruthless Eagan clan who founded Lumon, Irving learnt that retired colleague Burt (Christopher Walken), with whom he had bonded, already had a partner, and Dylan discovered he had a family.

BIG QUESTIONS

But as the second series gets under way, how will the quartet deal with their new-found knowledge and the growing conflict between their split identities as they face the fallout from experimenting with the 'severance barrier'?

'*Severance* is about a group of people going up against this enormous company. But now that Mark has this explosive piece of information, does he communicate it to his outie?' says Scott, 51, as *TV&Satellite Week* joins him and Stiller for a video chat. 'And how does this affect his identity and his disillusioned feelings about his workplace?'

The second season also sees Patricia Arquette return as enigmatic Harmony Cobel, the ex-manager of the severed floor at Lumon, and Tramell Tillman is back as gung-ho company jobsworth Seth Milchick. Meanwhile, Gwendoline Christie, Alia Shawkat, Bob Balaban and Merritt Wever join the cast.



'Story-wise, we wanted to expand on where we left off but create new environments,' teases Stiller, 59. 'Part of this season concerns questions about what the Lumon employees are doing there. We'll hopefully give answers and pose more questions.'

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX No Good Deed

Genre: Comedy drama Season: 1 Episodes: 8

Two stars of iconic sitcoms, *Friends*' Lisa Kudrow and *Everybody Loves Raymond*'s Ray Romano, team up for a deliciously dark comedy drama full of twists. They play a couple selling their home in one of Los Angeles' most-desirable neighbourhoods three years after a terrible event occurred there. Three couples are interested in buying the house, but they, too, have their secrets. The top-notch cast includes Linda Cardellini, who is reunited with her *Dead to Me* creator Liz Feldman, O-T Fagbenle and Luke Wilson.

Disney+ Elton John: Never Too Late

Genre: Documentary Episodes: One-off

The singer-songwriter (right) looks back on his life and career, particularly the 1970s when he first burst on to the scene, and candidly reflects on his highs and lows in an intimate documentary.

NETFLIX Carry-On

Genre: Thriller Episodes: One-off

An LA airport security agent (Taron Egerton, right) is blackmailed by a mysterious stranger (Jason Bateman) into letting a dangerous package be taken on board a flight at Christmas in a suspenseful thriller.

Now in production...

Three upcoming shows to look out for soon

NETFLIX Man Vs Baby

In a four-part sequel to Netflix's comedy *Man Vs Bee*, Rowan Atkinson (above) will reprise his role as house sitter Trevor Bingley, who finds himself plunged into chaos again when he encounters a troublesome infant while trying to take care of a London penthouse.

Disney+ Rivals

Disney+'s racy 1980s-set drama, based on Dame Jilly Cooper's novel and about the world of independent TV, will return for a second run, as Lothario MP Rupert Campbell-Black (Alex Hassell, above) gets involved in more bedroom and boardroom battles.

NETFLIX A Merry Little Ex-Mas

Alicia Silverstone (above) will appear in Netflix's romcom about a separated couple having a final Christmas with their kids before selling the family home – but trouble brews when the husband's new love rocks up. Melissa Joan Hart co-stars.

WORDS: CAREN CLARK. JUDY EWENS. PHOTOS: APPLE TV+, GETTY, NETFLIX

Dukes and Ludwig as Emma and Ish

Brave new world

A couple fights to **rebuild civilisation** after a global disaster

MGM+ Earth Abides

NEW *Available: Sat 11 January Genre: Sci-fi Season: 1 Episodes: 6 (first two eps from 11 January, then weekly)*

What would happen if mankind was given a second chance at life? That's the question at the heart of post-apocalyptic sci-fi thriller *Earth Abides*, which follows one couple's mission to restore civilisation following a disaster that all but wipes out humanity.

Based on George R. Stewart's 1949 sci-fi novel, the six-part dystopian drama follows geologist Isherwood 'Ish' Williams (Alexander Ludwig), who ends up unconscious after being bitten by a snake while on an expedition in the Sierra Nevada mountains. He finally wakes weeks later in his isolated cabin, but when he ventures to the nearest city, he finds deserted streets and decaying corpses.

DILEMMA

A deadly pandemic has wiped out much of the human race and Ish finds himself alone – until he crosses paths with a survivor, Emma (Jessica Frances Dukes).

As the pair develop an unbreakable bond, over the years, they're joined by others who are immune to the fateful disease. A new community emerges, but Ish and Emma face a dilemma: do they try to re-create society as it was or create a whole new world?

'You hear "post-apocalyptic" and you think of zombies and monsters, but this is about finding purpose and meaning, and it's about people and how the monsters lie within,' says Ludwig, 32. 'I love the idea of seeing what happens if we become a primitive species again – how do we rebuild and can we get it right?'

D'Oliveira, Tveit and McCormack play other survivors

FINDING PURPOSE

The series spans years as Ish and Emma meet survivors, including the charming leader of a travelling group, Charlie (Aaron Tveit), civil engineer Jorge (Rodrigo Fernandez-Stoll), who joins Ish's community, recovering addict Jean (Hilary McCormack), doctor Molly (Luisa D'Oliveira), and ex-club owner Ezra (Birkett Turton).

'The characters deal with the trials and tribulations of starting anew, whether that be disease, giving birth to your first child or fighting animals that are reclaiming what is rightfully theirs,' says Ludwig. 'But Ish realises the only way he's going to survive is not only to find purpose within himself, but to find others to share that purpose with, too.'

Jerome and Lopez play Anthony and Judy

Wrestling with life

Jennifer Lopez stars in an inspirational sports story

prime Unstoppable

NEW *Available: Thursday 16 January Genre: Drama*

The remarkable true story of Anthony Robles is brought to the screen in this biopic about the US wrestler, who was born with one leg but pursued his dream of becoming a national champion.

Jharrel Jerome takes on the role of Anthony, while Jennifer Lopez plays his mother Judy, who supports him in his mission, despite facing poverty and an abusive husband (Bobby Cannavale).

Along the way, Anthony is encouraged by his high-school coach Bobby Williams (*Jack Ryan*'s Michael Peña) as he struggles to choose a college where he can achieve his goals.

'You could call *Unstoppable* a sports story, but it's not – it's more of a family story. It's really about the bond between this mother and son,' explains Lopez, 55. 'That is the heart of the film.

'You see this champion, you see this very extraordinary person in Anthony, but without his mother, he would not have been that person.' Lopez met Judy before filming began, and was impressed by her fortitude.

'On the surface, you wouldn't think of a mom-of-five, who had a baby when she was 16 and who struggled in this marriage for 20 years, to become this inspirational character,' she says. 'But it makes it all the more inspirational because of the everyday struggles that she had.'

● *See review, page 27*

Jerome in action as Anthony Robles

WORDS: CAREN CLARK; REBECCA MAHONEY; RICHARD MCCLURE PHOTOS: BBC, C4, MGM+, PRIME VIDEO, SKY

Pernilla August, Alba August, Asta Kamma August and Rolf Lassgård, who plays local doctor Birger Torbjörnsson

Police investigate a **double killing** in a compelling Scandi noir

Midsummer MURDERS

Blackwater

NEW *Available: Friday 17 January*
Genre: Thriller Season: 1 Episodes: 6

Dubbed one of the best Swedish series in recent years, dark drama *Blackwater* is a slow-burning slice of Scandi noir that revolves around a double murder and its lingering consequences in a small community many years later.

In 1973, school teacher Annie arrives in the northern Swedish village of *Svartvattnet* [Blackwater] with her daughter Mia during a midsummer festival to start a new life at a hippy commune in the wilderness. But as she makes her way to her new home, she is met by a gruesome discovery – the bodies of two people who have been brutally murdered while camping in their tent.

As the police investigate, it becomes clear that the commune has its own secrets, not least the sinister and controlling leader Petrus, while local teenager Johan arouses suspicion when he flees in the wake of the crimes.

RIPPLE EFFECT

The series flashes back and forth between 1973 and 1991, when the aftermath of the unsolved case still reverberates throughout the village, while Johan's return stirs up deeply buried emotions for the locals.

'Two people are killed in a tent, but it changes the lives of these people,' says co-writer Maren Louise Käehne, who helped adapt the story from a bestselling novel. 'The villagers have a quiet life in the middle of nowhere, but this murder has changed everything for them.'

The series is a real family affair for actor Pernilla August, who plays the older Annie. Her real-life daughter Asta plays the younger Annie in 1973, while her other daughter Alba plays the role of Mia in 1991.

'We have these two timelines of people, the young versions of them and the versions that are almost 20 years older, and we see the contrasts between them,' says Käehne. 'Most of them are estranged from the people they were close to because of this incident. Of course, there's a crime to be solved but it's also about the lives of these people.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

sky box sets | NOW | Virgin media

Rob & Romesh Vs Darts

In a special of the Sky Max series, the comics quiz teenage prodigy Luke Littler for tips as they prepare to step up to the oche at their own darts challenge at London's Alexandra Palace.

sky box sets | NOW

Lockerbie: A Search for Truth

Sky Atlantic's factual drama sees Dr Jim Swire (Colin Firth, above) looking for answers after he and his wife Jane (Catherine McCormack) learn their daughter Flora has been killed in the 1988 Lockerbie bombing.

BBC iPLAYER

SAS Rogue Heroes

As the second run of the wartime drama begins on BBC1, mercurial Major Paddy Mayne (Jack O'Connell) is now charged with leading the elite commando unit when they head to Italy to join the Allied invasion, but his volatile behaviour causes concern.

BBC iPLAYER

The Split: Barcelona

The legal drama returns on BBC1, with the Defoes travelling to Spain for a family wedding. But Hannah (Nicola Walker) gets a surprise when fellow lawyer Archie (Toby Stephens), who she stood up on a date, arrives...

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TVSAT07/01/25q

Pick of the new releases

The best new shows to enjoy this week on streaming services...

Earth Abides

Saturday 11 January

Post-apocalyptic sci-fi drama. A virus wipes out most of the human race and Ish (Alexander Ludwig), who had been isolated from society when the plague swept the globe, struggles to survive on his own until he encounters Emma (Jessica Frances Dukes). See feature, page 16.

Harlots

Saturday 11 January

All three seasons of the period drama from 2017-19 about the ruthless madams running London's brothels in the 1760s. Starring Lesley Manville and Samantha Morton. Previously shown on ITV Encore, STARZPLAY and BBC2.

Sakamoto Days

Saturday 11 January

Anime. Legendary ex-hitman Taro Sakamoto teams up with former colleagues to deal with the looming threat of assassins to ensure a peaceful life with his beloved family.

The Bunker

Monday 13 January

Swedish true-crime docuseries recounting the harrowing ordeal of Isabel Eriksson, who, in 2015, was abducted in Stockholm by a doctor she had met on a date and held captive in a secret bunker.

Aussie Gold Hunters

Monday 13 January

Season 10 of the documentary series following gold prospectors in Australia. Brent and Ethan West set out to uncover a potential $3 million payday in lost bushranger gold, while Jacqui Buzetti and Andrew Leahy navigate crocodile-infested waters in the hope of finding virgin gold ground.

A Real Bug's Life

Wednesday 15 January

The second season of the natural-history series gives a close-up view of the world of bugs including fireflies and luna moths. Awkwafina narrates.

The Crow Girl

Thursday 16 January

Thriller based on Erik Axl Sund's bestselling novel of the same name. The discovery of the body of a young man leads a detective (Eve Myles) to join forces with a psychotherapist (Katherine Kelly) to hunt down the killer, despite opposition from a superior (Dougray Scott). See feature, page 6.

The Menendez Murders: Erik Tells All

Thursday 16 January

This docuseries from 2017 includes interviews with Erik Menendez, who, with his brother Lyle, was sentenced to life without parole for the murder of their parents in their Beverly Hills mansion in 1989. The brothers are due to be resentenced on 30 January, which could see them released. Previously shown on Crime + Investigation.

Castlevania: Nocturne

Thursday 16 January

Season 2 of the adult animated spin-off series set in 1792 during the French Revolution. A vampire hunter and his allies are in a race against time to prevent the apocalyptic rise of a godlike vampire messiah.

Public Disorder

Wednesday 15 January

Italian thriller. An incident sparks internal conflict within a riot-police team in Rome as they juggle personal problems with the stress of controlling the streets.

Unstoppable

Thursday 16 January

Biographical sports drama based on the true story of Anthony Robles (Jharrel Jerome), who was born with one leg. With the support of his mother (Jennifer Lopez), and the encouragement of his coaches, he pursues his dream of becoming a national wrestling champion. With *The Watcher*'s Bobby Cannavale, *Tom Clancy's Jack Ryan*'s Michael Peña and Don Cheadle. See feature, page 16.

Young, Famous & African

Friday 17 January

The third season of the Johannesburg-set reality series follows a group of young affluent personalities from the worlds of music, media and fashion on a quest to find love, rekindle old flames or reboot struggling relationships.

Severance

Friday 17 January

Season 2 of the sci-fi psychological thriller. Mark Scout (Adam Scott) works at Lumon Industries, whose employees have agreed to a medical procedure that divides their memories between their work and personal lives. But Mark finds himself at the centre of a mystery that will force him to confront the true nature of his work. See feature, page 14.

La Liberación

Friday 17 January

Mexican drama. Three women try to persuade an actor to drop an accusation of sexual harassment against a famous film director. This controversial decision leads them to embark on a fantastical journey.

Back in Action

Friday 17 January

Action comedy. Years after giving up their lives as CIA spies to start a family, a couple (Cameron Diaz and Jamie Foxx) are dragged back into the world of espionage when their cover is blown. See feature, page 8.

Molly-Mae: Behind It All

Friday 17 January

Docuseries about Molly-Mae Hague following her break-up with her fiancé, boxer Tommy Fury, as she raises their daughter, deals with media scrutiny and launches her fashion brand Maebe.

Blackwater

Friday 17 January

Swedish crime drama. One midsummer evening in 1973, two people are found murdered in a tent. Years later, the unsolved crime continues to haunt the woman who discovered them... See feature, page 17.

XO, Kitty

Thursday 16 January

Season 2 of the romantic comedy drama. Teenage matchmaker Kitty Song Covey (Anna Cathcart) is back in Seoul, South Korea, for a new semester. She's single for the first time in a long while and ready for a fresh start, but then a letter from her mother's past sets her on a wild journey.

WORDS: JUDY EWENS. PHOTOS: NETFLIX

Documentaries

Forgotten HEROES

How **British female agents** were sent into combat for the first time

Britain's Great Cathedrals: To the Glory of God

Thursday, 9pm, Channel 5

In this two-part series, the Reverend Pat Allerton (above) visits Britain's finest cathedrals, talking to local experts and archivists to discover the challenges faced during their histories, beginning this week with trips to St Paul's in London, Canterbury and Salisbury.

1066: Lucy Worsley Investigates

Friday, 9pm, BBC2

Every schoolchild knows that, in 1066, William the Conqueror won the Battle of Hastings after King Harold was hit in the eye by an arrow. But is that what really happened? Lucy Worsley (pictured) investigates an alternative account while digging into the history of the Norman Conquest.

Marilyn Manson: Unmasked

Tue-Thu, 10pm, C4 (box set, Channel 4)

Controversial rock star Marilyn Manson (above) has been the subject of abuse allegations, and in this look at his life and career, accusers, fans, industry insiders, lawyers, a former band mate and a childhood best friend all give their take on this polarising counterculture icon.

WORDS: JUDY EWENS; IAN MACEWAN. PHOTOS: ALAMY, BBC, C4, CHANNEL 5, SKY

NEW FACTUAL

The Lost Women Spies

Tuesday, 9pm, Sky History (box set, Sky Box Sets & NOW)

At the height of World War Two, the French Resistance needed help in fighting the Nazis. It came in the form of the British secret agency SOE (Special Operations Executive), which sent weapons, explosives and agents.

But by the beginning of 1942, the already dangerous work of being an agent was becoming even more perilous – the life expectancy of a wireless operator in occupied France was just six weeks.

Then the head of the SOE, Brigadier Colin Gubbins, came up with the controversial idea of deploying women behind enemy lines.

As Sky History's new six-part series *The Lost Women Spies* reveals, using women in combat roles was illegal under British law – but British Prime Minister Winston Churchill still agreed to the audacious plan.

'The Nazis believed that resistance was all-male, so men wandering around the streets would be stopped, their papers would be checked and they may have been taken away for questioning,' explains historian Dr Kate Vigurs. 'Women could blend more easily into French life.'

Violette Szabo

Vera Atkins

Noor Inayat Khan

After Churchill gave the go-ahead, work began on the top-secret task of recruiting agents. It was the responsibility of one woman, Vera Atkins, to train them and send them to France.

The recruits included Noor Inayat Khan, a fluent French speaker who had considerable skill as a wireless operator. However, she was betrayed in Paris and was executed by the Nazis at Dachau concentration camp in 1944, aged 30.

'The importance of Noor's mission simply can't be underestimated,' says historian Dr Helen Fry. 'She was the first female wireless operator infiltrated into France.'

Another agent to lay down her life was Violette Szabo. Aged just 23, she was executed by the Germans in 1945, leaving behind a young daughter Tania. In the early 1960s, Tania went to see Atkins to learn about her mother, who, like Noor Inayat Khan, was posthumously awarded the George Cross.

'In no way whatsoever did I resent Vera for sending my mother off to such dangerous places on her secret missions,' says Tania Szabo, who's now in her 80s. 'When it's war, you do what you have to do.'

Born in the Limelight – Nepo Babies: Untold

Wednesday, 12.05am, C4

Spice Girl Mel B's daughter Phoenix Brown (pictured, with Mel B) designs an experiment to reveal the challenges and privileges of being one of the so-called 'nepo babies' who supposedly are given opportunities that others aren't thanks to family connections.

● ***Previously on Channel 4 streaming***

Bradford's Big Bash

Friday, 7.30pm (not Wales), BBC1

To mark Bradford's status as 2025 UK City of Culture, this one-off follows local people, from acrobats and singers to poets and a magician, who will all be taking to the stage in a special production created by theatre director Kirsty Housley and celebrating the landscape, communities and diversity of the proud Yorkshire city.

Paddy McGuinness

Curly days

Paddy McGuinness finds out how Quavers are manufactured

FACTUAL

Inside the Factory

Tuesday, 8pm, BBC1

Before Christmas, chocolate-lover and father-of-three Paddy McGuinness was delighted to be visiting the factory where they make Guylian chocolate seashells, on his first assignment as the new presenter of *Inside the Factory*. But while he was able to fill his boots as he inspected the production line, he couldn't take any freebies home.

'My little lad's got a nut allergy,' explains the 51-year-old, who this week visits the Walkers factory in Lincoln where the popular cheese curls Quavers are made. 'But all my kids love Quavers, and I even sent them little videos of all the Quavers going down the production line!'

While co-presenter Cherry Healey learns how Bombay mix is created and historian Ruth Goodman tells the wartime story behind our love of cheese flavouring, McGuinness dons his hairnet to find out how they make 500 million packs of Quavers every year, and he is surprised at how hot and steamy the factory floor is.

'It's like landing on the sun!' he jokes.

During his visit, he learns how the production process transforms potato starch left over from crisp production into the addictive cheesy snacks, with a machine chopping dough into nearly 8,000 pellets a minute. And once the Quavers are baked, bagged and boxed, nearly 100,000 packets are loaded on to each lorry for distribution to supermarkets and shops around the country.

Although he's a relative newbie on the series, McGuinness says he's already bonded with Healey.

'When I did my Children in Need bike-ride challenge [in November], she turned up in Kendal to surprise me,' he reveals. 'That was a lovely thing, and it just shows you how we are together.'

Having come full circle from working in the Warburtons bread factory he visited in the Tuesday 7 January episode of *Inside the Factory*, McGuinness is still surprised and delighted by the ongoing success of his TV career.

'It would never have been in my mind to do a dating show like *Take Me Out*, and then be a part of *Top Gear*,' he explains. 'I've always been one of those people who will give anything a go. When opportunities come along, it's up to you whether you take them or not.'

Films Our Pick of

PREMIERE OF THE WEEK

Bad Boys: Ride or Die

Martin Lawrence and **Will Smith** are gunning for trouble, once more!

ACTION THRILLER

Friday, 8pm, Sky Premiere ★★★

Nearly 30 years after the original *Bad Boys*, Will Smith and Martin Lawrence bounce back with a fourquel that sees their Miami cop characters Mike and Marcus fighting to clear the name of their boss Captain Howard (Joe Pantoliano), who's posthumously accused of corruption. The intervention of a mysterious new foe (Eric Dane) means they end up on the run themselves, along with Armando (Jacob Scipio), the erstwhile antagonist revealed to be Mike's son in 2020's *Bad Boys for Life*. The plot isn't desperately involving: it's a vehicle to take our heroes – who range from hapless to highly skilled – from one action-comedy scene to another. After Marcus has a brush with death, much of the laughs come from his newfound mystical beliefs, including the conviction that he's invincible. Less amusing is his ongoing obsession with junk food, the source of some overplayed set pieces and very obvious product placement (though conversely, the suggestion that loaded hot dogs can lead to a heart attack might put a few viewers off their movie snacks). Numerous familiar female characters (including Vanessa Hudgens' weapons expert and Paola Núñez's police captain) come back to either wield guns or play damsels in distress, but the focus is firmly on the genial central pair as they dart around Miami raising the body count. Collateral damage is often played for giggles – life is pretty cheap in this world, unless you're one of the good/bad boys. As with previous adventures, the two headline stars still have enough on-screen chemsitry to see this through to the bitter end, but one can't help thinking by the end this might be the time to retire them for good... 2024, 15, 115MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, JANE CROWTHER, MATT MAYTUM, NIGEL PIZEY, ANNA SMITH

the Week's Best Films

ROMANTIC COMEDY

The Artist

On now, on demand, Prime Video ★★★★★

Silence is truly golden in this joyous celebration of the early days of Hollywood. This looks and sounds just like a film made in that era - it's in black-and-white, has a sumptuous orchestral score instead of sound and uses no dialogue. Looking every inch the part, Jean Dujardin plays George Valentin, a suave and dashing silent movie star, while Bérénice Bejo is ideal, too, as sassy young fan Peppy Miller whom he accidentally propels to fame. Yet when the talkies take over, Peppy's star rises and George's falls... With its echoes of classics such as *A Star Is Born* to *Singin' in the Rain*, the film is packed full of great sight gags, has nifty supporting performances from the likes of John Goodman and in Uggie the Jack Russell terrier, boasts one of cinema's cutest canine sidekicks. 2011, PG, 100MIN

No talking: Bérénice and Jean

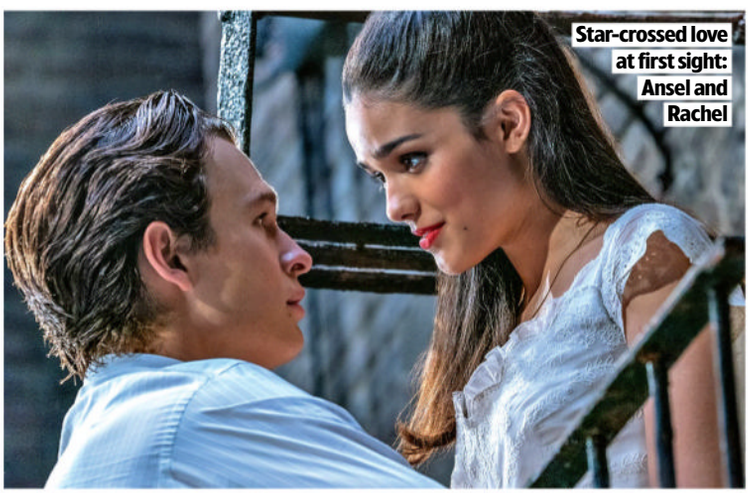
Spaced out! Laurence and Casey

SCI-FI THRILLER

Slingshot

Saturday, 8.35am & 6pm, Sky Premiere ★★★

An entertaining mind-bender, this slick, slowburn thriller follows three astronauts (Casey Affleck, Laurence Fishburne and Tomer Capone) dipping in and out of hibernation in an attempt to reach Saturn's moon, Titan. Waking every three months for diagnostic checks on the ship, each man suffers severe side-effects – including hallucinations and paranoia – from the drugs used to keep them under. Affleck is particularly troubled, as he keeps seeing girlfriend Emily Beecham onboard... There's more than a hint of old-school *Twilight Zone* about this movie, that takes its time to build its characters before revealing its hand in the final act. Some may find it too much of a slog, but it does benefit from a smart script and excellent performances, highlighting what being in a confined space can do to even the strongest minds. 2024, 15, 108MIN



Star-crossed love at first sight: Ansel and Rachel

MUSICAL

West Side Story

Saturday, 9pm, C4 ★★★

A reimagining of the stage show, but really in thrall to the 1961 film, Steven Spielberg's new version boasts spectacular dance numbers and, of course, incredible songs. Set among rival gangs in 1950s New York, it stars Ansel Elgort and Rachel Zegler as the star-crossed lovers. Among the highlights are the mixer where the two communities are forced to mingle and the performance of *America* that engulfs the streets. One homage to the 1961 film that does pay off is the recasting of Rita Moreno (previously Anita), as this film's Doc equivalent. Once again, she's a standout. 2021, 12, 156MIN

Martial mayhem: Raymond, Louis and the gang

ACTION THRILLER

Twilight of the Warriors: Walled In

Sunday, 9.30am & 11.40pm, Sky Premiere ★★★

Having languished in development hell for quite some time, director Soi Cheang's technically impressive, if underwhelming, ass-kicker finally made it onto the big screen. It's one of the most expensive Hong Kong films ever made and it shows as Lok (Raymond Lam), a refugee to 1980s Hong Kong, double-crosses triads and hides out on the mean streets of Kowloon Walled City, where he tangles with a criminal overlord (Louis Koo). The plot twists may be obvious but the frenzied, claustrophobic fights (especially one brilliant set piece on board a bus) are inventive and bruisingly balletic. 2024, 15, 125MIN

FilmFinder

The best of the week at a glance

Classic

The Servant

On demand, Studiocanal Presents ★★★★★

Servant Dirk Bogarde slyly insinuates himself into the life of boss James Fox so their roles are slowly reversed in Joseph Losey's sour classic. 1963, 15, 115MIN

12 Angry Men

Monday, 10.40am & 4.05pm, Sky Thriller ★★★★★

Henry Fonda has one of his best roles as a juror doubting the guilt of a teen accused of murder and battling his 11 fellow jurors. A taut, tense classic. 1957, U, 95MIN

Anatomy of a Murder

Tuesday, 7am & 2.30am, Sky Drama ★★★★★

Lawyer James Stewart tries to prove Lee Remick was raped by a man her husband (Ben Gazzara) later killed. A brilliantly acted, twisty thriller. 1959, 12, 160MIN

The Wooden Horse

Thursday, 10pm, BBC4 ★★★★

The film that kicked off the 1950s British craze for PoW movies is really enjoyable. Sterling assets include location filming in Germany, plucky performances and the fact it's actually true. 1950, U, 101MIN

Family

Pinocchio

On demand, Netflix ★★★★★

Set in Mussolini's Italy, director Guillermo del Toro's stop-motion masterwork is a stunning reinterpretation of a classic, with meaty themes of immortality, time and parental love. 2022, PG, 117MIN

Muppets from Space

Monday, 6.10am & 2.45am, Sky Family ★★★

Ray Liotta, Andie McDowell and F Murray Abraham are among the human stars in this chucklesome outing in which Gonzo thinks aliens are coming. 1999, U, 85MIN

The Portable Door

Tuesday, 4pm, Sky Family ★★★

Patrick Gibson and Sophie Wilde uncover a conspiracy at a magical company that has the ability to alter people's fates in this fun fantasy. Sam Neill and Christoph Waltz also star. 2023, PG, 106MIN

Small Soldiers

Wednesday, 12.20pm & 10.05pm, Sky Family ★★★★

A smart fantasy about two opposing sets of toy figurines, mistakenly given military-grade control chips, battling it out in a small town. 1998, PG, 99MIN

Action

Hypnotic

Saturday, 9.45am & 2.20am, Sky Thriller ★★★

Ben Affleck's detective is desperate to find his missing daughter and a psychic may hold the key in this joyous lark that keeps its foot down. 2023, 15, 93MIN

Mad Max: Fury Road

Monday, 8pm, Sky Action ★★★★★

George Miller's spectacular reboot of his *Mad Max* series is a supercharged thrill ride. Tom Hardy is badass loner Max who helps fierce Charlize Theron take on a savage warlord. 2015, 15, 120MIN

EDITOR'S CHOICE

Drive-Away Dolls

Wed, 6.20pm, Sky Thriller ★★★

Ethan Coen's freewheeling road movie follows queer pals, loquacious Texan Jamie (Margaret Qualley) and prim Marian (Geraldine Viswanathan), on a road trip from Philadelphia to Tallahassee. Jamie's mission is to get Marian laid, but their rental car has a sought-after suitcase in its trunk... There's nothing new here, but the stars are fun, as are the cameos from the likes of Matt Damon, Pedro Pascal and Miley Cyrus. 2023, 15, 84MIN

Horror

Army of the Dead

On demand, Netflix ★★★

With the neat hook of the government using a zombie plague to strip freedoms, writer-director Zack Snyder's Vegas-set zombie heist movie is a gung-ho delight. Dave Bautista stars. 2021, 15, 150MIN

Day Shift

On demand, Netflix ★★★

Vampire hunter Jamie Foxx and by-the-book union rep Dave Franco team up in a sunny LA where the undead roam. The stars are a hoot and the knockabout action delivers gory thrills. 2022, 18, 113MIN

Lisa Frankenstein

Mon, 6.10am & 2.30pm, Sky Sci-Fi/Horror ★★★

A slick, witty horror scripted by Diablo Cody. Set in 1989, it stars Kathryn Newton as a high-schooler who falls for a corpse (Cole Sprouse). 2024, 15, 101MIN

World War Z

Friday, 9pm, GREAT! movies ★★★★

Ex-UN agent Brad Pitt and his family run for their lives as killer zombies overrun Philadelphia – and the world... The plot's messy, but the pulse-racing action is brilliantly staged. 2013, 15, 116MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 11 January

FANTASY MUSICAL

Wonka

8pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

A sweet confection in which Willy Wonka (Timothée Chalamet) is a young man with a dream (and a magic hat), hungry to share his chocolate creations, clinging to his vision as he ends up in hard labour, befriends orphan Calah Lane and clashes with baddies Paterson Joseph, Matt Lucas and Matthew Baynton. Resisting Gene Wilder and Johnny Depp mimicry, Chalamet whisks up his own gentle Wonka and bonds generously with the winning Lane, while Hugh Grant's grumpy Oompa Loompa is a hoot. 2023, PG, 116MIN

Candy man: Timothée and Hugh

ANIMATION

Missing Link

2.30pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

This stop-motion comedy adventure is a good-humoured and very unusual buddy movie. Hugh Jackman heads the voice cast as doughty 19th-century explorer Sir Lionel Frost, who is on the hunt for a legendary beast in America's Pacific Northwest. He finds a curious, bigfoot-like creature (Zach Galifianakis), while there's a worthy foil for Lionel in the shape of fearless fellow adventurer Adelina Fortnight (Zoe Saldana). 2019, PG, 95MIN

ANIMATION

The Lego Movie

4.50pm, Sky Hits ★★★★★

Sex ●●● Violence ●●● Language ●●●

Utilising top-notch animation, this is a joyous, beguilingly bonkers and utterly irresistible comedy that slots together childhood innocence, adult irreverence and some brazen product placement. In a world made entirely from Lego bricks, Chris Pratt's Minifigure everyman hero takes on Liam Neeson's good cop/bad cop and Will Ferrell's tyrant. The film's snarky jokes are tempered with genuine sweetness. 2014, U, 100MIN

SCI-FI THRILLER

Surrogates

7.10pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

An absorbing sci-fi thriller with a good role for Bruce Willis and an ambitious and intelligent plot that really holds the attention. In a future where people lead virtual lives using robot substitutes, called surrogates, there's a murderer on the loose – and Willis' cop has to boldly go out into the real world for the first time in years to investigate. Radha Mitchell co-stars and the action is first-rate. 2009, 12, 88MIN

DRAMA

The Hurt Locker

12m't, BBC1 (1am Scotland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Kathryn Bigelow became the first woman to win a Best Director Oscar with this gripping drama. Jeremy Renner takes the lead as a fearless bomb-disposal expert in 2004 Iraq. Bigelow plunges us into the heat and dust of Baghdad as characters puzzle over the latest improvised bomb. It is heart-stopping to watch, but impossible to look away from. 2008, 15, 131MIN

■ Full listings start on p35

Sunday 12 January

THRILLER

Carry-On

On demand, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Lowly LA airport official Taron Egerton finds himself locked in a fiendish battle of wits with Jason Bateman's enigmatic bad guy, who insists he let a dangerous suitcase through security – or his pregnant girlfriend (Sofia Carson) will die. It takes a while for this to get off the ground, but genre specialist Jaume Collet-Serra ensures it's preposterously gripping as the tension ratchets up and up, Egerton and Bateman are good foes and Danielle Deadwyler offers strong support as a suspicious cop. On all week. 2024, 15, 119MIN

Unexpected item in baggage area: Taron

PREMIERE

MONSTER MOVIE

Arachnophobia

1.05pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Scientist Julian Sands goes into the South American jungle looking for rare spiders – but brings an eight-legged terror into the US. Meanwhile, doctor Jeff Daniels (who hates spiders) becomes increasingly mystified by the series of unexplained fatalities in the small town where he's just set up practice... With plenty of humour as well as suspense, this delivers thrills and spills all the way to a great finale. 1990, PG, 106MIN

ANIMATION

Spider-Man: Across the Spider-Verse

4pm & 9.25pm, Sky Animation ★★★★

Sex ●●● Violence ●●● Language ●●●

A visually astonishing and emotionally daring sequel to *Into the Spider-Verse*. Back as 'the one and only Spider-Man', Miles Morales (voiced by Shameik Moore) and Spider-Gwen (Hailee Steinfeld) are chasing a villain to alt-universe mega-city Mumbattan, then he meets Spider-Man 2099 (Oscar Isaac) and learns a truth that could tear his world apart. 2023, PG, 140MIN

COMEDY

The Stepford Wives

9pm, ITVBe ★★★

Sex ●●● Violence ●●● Language ●●●

Sacked TV executive Nicole Kidman, under-achieving husband Matthew Broderick and their two kids move to a seemingly idyllic New England small town where Glenn Close and Christopher Walken are in charge. But it's not long before Kidman becomes suspicious of the community's too-perfect wives and immaculate houses. Even if the plot is full of holes, this is a glossy and amusing take on the 1974 chiller. 2004, 12, 93MIN

WAR DRAMA

Saving Private Ryan

10pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Steven Spielberg's World War Two drama is in a class of its own with its tale of a squad of battle-hardened Americans sent on a mission to rescue a lone soldier (Matt Damon's title character) after the D-Day landings as a morale-booster for the folks back home. Tom Hanks reveals whole new depths as the group's shell-shocked commanding officer. 1998, 15, 169MIN

■ Full listings start on p45

HOME PREMIERES

*New movies to buy or rent on **Sky, Virgin, Prime Video** and more*

The jury's out: Nicholas

LEGAL DRAMA

Juror #2

From Monday ★★★★

Sex ●●● Violence ●●● Language ●●●

Clint Eastwood's 40th film as director is a hugely contrived but highly enjoyable courtroom drama that harks back to that classic legal thriller *12 Angry Men* (see p24). Nicholas Hoult stars as the eponymous juror who is the lone hold-out among his peers in a high-profile murder case, feeling conflicted and ambivalent as he grapples with a moral dilemma over the accused's innocence or guilt. There's nothing flashy here, but Eastwood's lean handling serves the story well, as do the excellent performances, with Toni Collette a standout as the ambitious prosecutor whose career hinges on winning a guilty verdict. 2024, 12, 114MIN

Tune in: Colman and Clarence

DRAMA

Sing Sing

On all week ★★★★

Sex ●●● Violence ●●● Language ●●●

Set in the infamous New York penitentiary of the title, this is a prison drama with a difference. With the exception of a handful of professional actors, led by charismatic star Colman Domingo, the cast is made up of former inmates (including an impressive Clarence Maclin) playing versions of themselves. They have all been through the jail's Rehabilitation Through the Arts programme and the film shows it in action, following the convicts as they work on a zany time-travel comedy. A stirring tribute to the healing power of art. 2023, 15, 106MIN

Weekday movies over page

Weekday movies

Monday 13 January

SCI-FI

Dune: Part Two

8pm, Sky Sci-Fi/Horror ★★★★★

Sex ●○○ Violence ●○○ Language ●○○

Wrangling the unruly elements of Frank Herbert's novel, director Denis Villeneuve delivers a richly satisfying sequel that fulfils and exceeds its predecessor's promise. The action picks up shortly after *Part One*, with Paul (Timothée Chalamet) and Jessica (Rebecca Ferguson) joining the Fremen, who live as one with the planet Arrakis. But as Paul bonds with Fremen scrapper Chani (Zendaya), he has nightmares of a grim destiny… A magnificent epic, conjuring wonder, scale and impact. 2024, 12, 166MIN

Spice of life: Timothée and Zendaya

ADVENTURE

The Eagle

6.45pm, Film4 ★★★

Sex ○○○ Violence ●○○ Language ○○○

Channing Tatum stars as a Roman soldier who sets out north of Hadrian's Wall to recover a missing golden eagle standard that belongs to his father's lost legion. Based on Rosemary Sutcliff's novel *The Eagle of the Ninth*, the plot may be pretty flimsy, but the film is fun, with plenty of Romans-in-Britain action, warfare and atmosphere. And hooray for Jamie Bell as a slave who forms a great double act with Tatum. 2011, 12, 114MIN

SCI-FI HORROR

Predators

9pm, GREAT! movies ★★★

Sex ○○○ Violence ●●● Language ●●○

A small group of kick-ass fighters with big guns and knives are parachuted down onto a planet, where they encounter an onslaught of alien Predators, who seem to have lured them there purely in order to hunt them down. Director Nimród Antal does well to keep the familiar scenario tense and exciting and the cast, including Adrien Brody, Topher Grace, Alice Braga and Walter Goggins, gives it lots of class. 2010, 15, 107MIN

COMEDY DRAMA

Magic Mike's Last Dance

8pm, Sky Drama ★★★

Sex ●●○ Violence ○○○ Language ●●●

Channing Tatum is back as Mike in this third film. He's reluctantly persuaded to give a scorching lap dance to Salma Hayek Pinault's socialite who then takes him to London to revitalise her dull theatre with a red-hot male-stripper show. The love story element fails to ignite, but director Steven Soderbergh delivers a fun, good-looking romp and Tatum's steamy duet in a splash zone is the highlight. 2023, 15, 112MIN

BIOPIC

Antwone Fisher

11.15pm, Film4 ★★★★

Sex ○○○ Violence ●○○ Language ●●○

US Navy psychiatrist Denzel Washington tries to tease out the reasons behind sailor Antwone Fisher's bad temper. Derek Luke, as Fisher, and Washington (making his directing debut) are excellent in a heartfelt and incisive biopic. Scripted by Fisher himself, the film is not afraid to be sentimental, but is also red raw and uncompromising where it counts. 2002, 15, 120MIN

■ Full listings start on p55

Tuesday 14 January

COMEDY

Quiz Lady

10.40pm, BBC1 (11.10pm N Ireland, Wales) ★★★★

Sex ○○○ Violence ○○○ Language ●●○

Making a great double act, Awkwafina and Sandra Oh are chalk-and-cheese sisters brought back together when their mum's gambling debts require a get-rich-quick scheme. The fastest way to do it? Get nerdy, insular Awkwafina to compete on Will Ferrell's TV quiz show, which she's obsessed with. As wild-child older sis Oh eggs her on, their personalities clash and past tensions simmer. It treads a familiar path, but is so consistently funny and the leads such a winning pair that it hardly matters. 2023, 15, 99MIN

Looking for answers: Awkwafina and Sandra

THRILLER

Promising Young Woman

6pm, Sky Thriller ★★★★

Sex ●○○ Violence ●●○ Language ●●○

Carey Mulligan plays med school drop-out Cassie in this darkly twisty, debate-stirring thriller. She spends evenings in bars, feigning inebriation until a guy picks her up. How far he goes is up to him, but consent is never given and if he ignores her protests, well, that would be telling... Writer-director Emerald Fennell challenges expectations at every turn and Oscar-nominated Mulligan is superb. 2020, 15, 113MIN

HORROR

Smile

9pm, Film4 ★★★★

Sex ○○○ Violence ●●● Language ●●○

Psychiatrist Sosie Bacon witnesses a patient commit violent suicide, all the while maintaining a horrifying smile. She then becomes convinced that something – some body-swapping entity – is out to kill her, with only a hideous smirk to identify it. Kyle Gallner is a detective who tries to help. A script with humour and bite mixed with top-drawer acting and some genuinely frightening scares, this is a seat-squirming delight. 2022, 18, 115MIN

WAR DRAMA

Midway

6.05pm, Film4 ★★★★

Sex ○○○ Violence ●○○ Language ●○○

A genuinely stirring war movie from Roland Emmerich that is mostly faithful to the actual events of the 1942 Battle of Midway, which turned the tide in the Pacific War six months after Pearl Harbor. Ed Skrein, Luke Evans, Patrick Wilson, Nick Jonas, Aaron Eckhart and Woody Harrelson are among the familiarly cut characters, but Emmerich's attention to detail pays huge dividends, especially in the copious battle scenes. 2019, 12, 138MIN

DRAMA

Not Okay

11.15pm, Film4 ★★★★

Sex ●●○ Violence ○○○ Language ●●●

PREMIERE A razor-sharp indictment of influencer power and social media obsession that nails its killer finale. Zoey Deutch's self-centred millennial fakes surviving a bombing attack. Suddenly, she's the centre of attention and lapping it up, until she meets Mia Isaac, a teenager who escaped from a school shooter, and also happens to have a huge following... 2022, 15, 100MIN

■ Full listings start on p65

Wednesday

BIOPIC

The Electrical Life of Louis Wain

9pm, Film4 ★★★★

Sex ○○○ Violence ●○○ Language ●●○

In a perfect piece of casting, Benedict Cumberbatch plays wannabe inventor and artist Louis Wain in this stylised biopic that spans his life from 1881 to 1925. Claire

The cat's whiskers: Benedict

SPORT DRAMA

Le Mans '66

5.50pm, Film4 ★★★★

Sex ○○○ Violence ●○○ Language ●○○

Based on a true story, this supercharged motor-racing drama stars Matt Damon as American car designer Carroll Shelby, and Christian Bale as hot-headed British driver Ken Miles. Together, the pair aim to steer Ford to victory in the 24-hour marathon at Le Mans in 1966, ahead of the US company's Italian rivals Ferrari, while also trying to manoeuvre around Ford's obstructive executives. An edge-of-your-seat thrill ride. 2019, 12, 152MIN

DRAMA

The Great Escaper

6.15pm, Sky Drama ★★★★

Sex ●○○ Violence ●○○ Language ●●○

Determined to attend the 2014 70th anniversary D-Day commemorations in France, seeking closure for wartime traumas, Michael Caine's Bernie Jordan makes an audacious breakout from his care home. A heartfelt real-life drama about the tenacity of love and loss, remembrance and reconciliation, this unfussy film is given heft by Caine's canny performance, while Glenda Jackson is superb in her final role as his wife, Irene. 2023, 12, 96MIN

PHOTOS: ALAMY

15 January

Foy provides the film's heart and is also perfect as Emily Richardson, a governess who, in a class-crossing taboo, becomes his wife, while their moggy is the inspiration for his famous paintings of cartoony felines (Wain was credited with popularising cats as pets). It's funny and moving, though less a masterpiece than a cute curio. 2021, 12, 111MIN

COMEDY DRAMA

The Terminal

9pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Based loosely on the true story of an Iranian refugee who spent 18 years living in limbo at Charles de Gaulle airport in Paris, this film stars Tom Hanks as an Eastern European caught up in international bureaucracy on a trip to New York who finds himself unable to either enter America, or return home. Catherine Zeta-Jones and Stanley Tucci are the nice and nasty sides of his predicament in Steven Spielberg's gentle, affecting film. 2004, 12, 129MIN

SCI-FI

Cloverfield

11.55pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

TJ Miller is filming his friend Michael Stahl-David's leaving party in New York – and he carries on shooting when something monstrous shows up... The characters are stereotypes, but director Matt Reeves cranks up the fear factor with some nail-biting suspense and the special effects deliver shocks and scares galore as panic takes over. 2007, 15, 85MIN

■ Full listings start on p75

Thursday 16 January

FANTASY

The Shape of Water

1.40am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Sally Hawkins is magnificent as a mute cleaner who falls in love with a strange, amphibious fish-man (Doug Jones) and plots to free him from a top-secret US government laboratory in this deliriously strange but utterly enchanting film. Setting the tale in the early-1960s, director Guillermo del Toro throws in splashy creature feature magic, fairy-tale wonder and Cold War paranoia, but it is Oscar-nominated Hawkins' guileless innocence and empathy that holds everything together. 2017, 15, 123MIN

Food for thought: Sally

DRAMA

Birdy

6.50am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Alan Parker's powerful drama features a superb performance from Nicolas Cage as an injured Vietnam veteran trying to bring his shell-shocked childhood friend (Matthew Modine) back to reality. The traumatised Modine has retreated into a fantasy world in which he believes he is a bird and it is in the scenes where he imagines he is flying – set to Peter Gabriel's hypnotic music – that the film truly soars. 1984, 15, 120MIN

ADVENTURE

Fantastic Beasts and Where to Find Them

6.25pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This first screen adventure for JK Rowling's wizard Newt Scamander (Eddie Redmayne) sees him in 1926 New York. It all kicks off in fine style when Newt's magical creatures break loose from his suitcase just as a dark magical force makes its presence felt. Redmayne has bags of beguiling, diffident charm and Katherine Waterston, Dan Fogler, Colin Farrell and Ezra Miller also do well. 2016, 12, 133MIN

SCI-FI ACTION

Oblivion

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

On a 2077 Earth left a wasteland after a war with aliens, Tom Cruise's repairman maintains the hi-tech drones that patrol the skies, while the rest of humanity's abandoned the planet. Then he discovers that nothing's as it seems... This dazzling sci-fi adventure piles on the twists and turns while Cruise, in a tailor-made role, is strongly supported by Olga Kurylenko, Andrea Riseborough and Morgan Freeman. 2013, 12, 125MIN

BIOPIC

Schindler's List

10.25pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

In Poland during World War Two, businessman Oskar Schindler (Liam Neeson) uses cheap Jewish slave labour in his factory. However, his attitude changes and, using his talent for bribing Nazi officials, he saves more than 1,000 of his workforce... Steven Spielberg's testament and memorial to the Holocaust is a towering achievement. 1993, 15, 195MIN

■ Full listings start on p85

Friday 17 January

BIOPIC

Unstoppable

On demand, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

In this inspirational story of underdog triumph, the odds against the hero are higher than most. Anthony Robles (Jharrel Jerome, superb) aspires to success as a US college wrestler – but was born with only one leg. With stunt double help from the real Robles, Jerome performs impressively on the wrestling mat, but the heart of the film is his relationship with his supportive mum (Jennifer Lopez). She's very good, as is Bobby Cannavale as her prickly husband. It's formulaic, for sure, but very well told. From Thu. 2024, 12, 123MIN

Fighting fit: Jharrel

FAMILY HORROR

Goosebumps

6.40pm, GREAT! movies ★★★

Sex ●●● Violence ●●● Language ●●●

Best-selling author RL Stine's *Goosebumps* series of spooky tales for kids are turned into a goofily entertaining romp full of chuckles and scares. Following a slow start, the fun kicks off when Dylan Minnette's teenager discovers that cranky neighbour 'Mr Shivers' (Jack Black) is actually RL Stine himself and accidentally unleashes the real monsters – including some vicious garden gnomes – locked inside his manuscripts. 2015, PG, 103MIN

SCI-FI THRILLER

Looper

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

A clever, engrossing time-travel thriller about a hitman (Joseph Gordon-Levitt) who dispatches victims sent back in time by mobsters from the future. He knows one day his future self (Bruce Willis) will turn up – and when he does he's out to change his destiny. As the perplexing events unfold, Gordon-Levitt and Willis entertain and Emily Blunt also impresses as a mother to whom both men are drawn. 2012, 15, 118MIN

THRILLER

The Girl on the Train

9.55pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In this gripping mystery, based on Paula Hawkins' best-seller with the action moved from the UK to the US, Emily Blunt plays a prickly drunk still reeling from her marriage break-up and sent into an even greater tailspin when she is drawn into the disappearance of a woman (Haley Bennett). Director Tate Taylor does an effective job of keeping us guessing, and Blunt is brilliant, taking us inside her woozy, troubled mind. 2016, 15, 116MIN

DRAMA

Kursk: The Last Mission

11.05pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

This real-life maritime drama revisits the 2000 *Kursk* disaster, when an explosion during a training exercise sent the Russian nuclear submarine to the bottom of the Barents Sea. As the sailors cling to life, Russian authorities are unwilling to accept aid. Léa Seydoux and Matthias Schoenarts head the cast of this stirring, suspenseful drama. 2018, 12, 118MIN

■ Full listings start on p95

Sport week

...of the week's live action

THE MAIN EVENT

FA CUP Third Round

Arsenal host **Manchester United** in the pick of the ties

LIVE FOOTBALL

Saturday-Monday, BBC1, BBC2, ITV1, ITV4 & BBC iPlayer

FA Cup third-round action continues in earnest over the weekend as the 20 remaining lower-league and non-league clubs are joined by the 44 Goliaths from the Premier League and Championship. Here's our guide to all the live action…

SUNDAY

Arsenal v Manchester United

Kick-off 3pm, BBC1

Red Devils boss Ruben Amorim gets his first taste of the world's oldest cup competition when holders United travel to the record 14-time winners. The rivals last met in the FA Cup in 2019 when United won 3-1 at the Emirates, with only United's Victor Lindelöf, Marcus Rashford and Luke Shaw still at the club this season.

Ruben Amorim

Manchester United's Antony and Arsenal's Martin Ødegaard

SATURDAY

Liverpool v Accrington Stanley

Kick-off 12.15pm, ITV1

Can the struggling League Two outfit pull off one of the biggest upsets in FA Cup history? Accrington's Liverpool-born boss John Doolan will be putting his faith in striker Josh Woods, a massive Reds fan, to lead the charge. The sides have only met once in their history, in the 1955-56 FA Cup when Liverpool won 2-0.

Josh Woods of Accrington Stanley

Leeds United v Harrogate Town

Kick-off 5.45pm, BBC iPlayer

Leeds have been in formidable home form as they push for promotion from the Championship with Dan James making his 100th appearance for the club in December. This clash at Elland Road is the first competitive meeting between the Yorkshire teams. Harrogate defeated Wrexham and Gainsborough Trinity to book only their second appearance in round three.

Leeds' Daniel James

Manchester City v Salford City

Kick-off 5.45pm, BBC1

League Two Salford City have made it through to the third round for the first time in the club's history, and will journey just five miles to the Etihad Stadium. Salford's owners – including ex-Manchester United stars David Beckham, Ryan Giggs, Gary Neville, Phil Neville, Paul Scholes and Nicky Butt – couldn't have asked for a bigger tie, but the Ammies start as huge underdogs despite City's miserable run of form.

David Beckham

Salford City head coach Karl Robinson with joint owner Ryan Giggs

WORDS: RICHARD MCCLURE. PHOTOS: GETTY, SHUTTERSTOCK

Newcastle star Anthony Gordon

SUNDAY

Tamworth v Tottenham Hotspur

Kick-off 12.30pm, ITV1

Staffordshire side Tamworth are one of only two non-league clubs left in the competition and will welcome Ange Postecoglou's Premier League stars to the 4,963-capacity Lamb Ground as reward for their penalty-shootout win against Burton Albion. Spurs haven't been knocked out in the third round in more than 10 years and James Maddison will be gunning for more goals after his brace against Southampton last month.

Spurs' James Maddison

Newcastle United v Bromley

Kick-off 3pm, BBC iPlayer

Bromley, who won promotion to League Two last season, are in the third round for the first time and face the talents of Anthony Gordon and Alexander Isak as they travel up the east coast for the club's debut appearance at St James' Park. It promises to be an emotional homecoming for Ravens manager Andy Woodman, who spent time at Newcastle as goalkeeping coach.

Southampton v Swansea City

Kick-off 4.30pm, BBC2 (Wales only) & BBC iPlayer

Saints fans will want a decent Cup run to compensate for a disappointing Premier League campaign that resulted in the departure of Russell Martin from St Mary's last month. Swansea are aiming for a place in the Championship play-offs, with skipper Matt Grimes winning plaudits for his midfield performances this season.

Matt Grimes of Swansea City

Josh Rees of Dagenham & Redbridge (left)

MONDAY

Millwall v Dagenham & Redbridge

Kick-off 7.30pm, ITV4

National League outfit Dagenham & Redbridge dispatched AFC Wimbledon with goals from Junior Morias and Josh Rees as the East London club reached the third round for the first time since 2016. Their reward is a trip to a Lions side that has been knocked out at this stage of the competition in the past three seasons and who saw the departure of coach Neil Harris last month.

Novak Djokovic

Aryna Sabalenka triumphed in 2024

LIVE TENNIS

Australian Open

From Saturday, Eurosport 1, Eurosport 2 & Discovery+

Novak Djokovic is on the verge of history in Melbourne as he begins his bid to claim a 25th Grand Slam singles title. The 37-year-old Serb is tied with Australian legend Margaret Court, but had a frustrating 2024. Other stars to watch include defending singles champions Jannik Sinner and Aryna Sabalenka, plus British No.1 Jack Draper who reached the semi-finals of the US Open in September. Meanwhile, 16-year-old Australian Cruz Hewitt – the son of two-time Grand Slam champion Lleyton Hewitt – will hope to have made it through qualifying after being handed a wildcard.

Ronnie O'Sullivan

LIVE SNOOKER

The Masters

From Sunday, BBC2, BBC4 & Eurosport 1

The top 16 players in the world gather at London's Alexandra Palace for the second Triple Crown event of the season as reigning champion and record eight-time winner Ronnie O'Sullivan begins his defence against two-time champ John Higgins, who the Rocket played in the 2005 and 2006 finals. World champion Kyren Wilson takes on China's Zhang Anda, and world No.1 Judd Trump faces Barry Hawkins in a repeat of the recent UK Championship final that saw Trump secure the fifth Triple Crown title of his career.

Heather Knight of England

LIVE CRICKET

Women's Ashes

Sat, Mon & Thu, TNT Sports 1

After the drawn Ashes series in 2023, Heather Knight's England head down under to play Australia in the multi-format contest, and will be aiming to pick up points in the opening three ODIs in Sydney, Melbourne and Hobart this week. That's followed by three T20s before a single Test match – the first women's Test at the Melbourne Cricket Ground since 1949 – concludes the series.

Sport A-Z and football planner »»

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- **Four drinks vouchers** per night on beer, house wine & soft drinks
- Italian evening with included glass of Prosecco**
- Boat cruise on Lake Garda (Sirmione)
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Optional excursion to Venice (£39pp)
Single supplement from £250

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- Dinner, breakfast & packed lunches
- **FREE BAR** (10am-10pm) on house wine, beer, soft drinks, tea & coffee**
- Excursions to Rattenberg, Kissling Glass Factory, Krimml Waterfalls & Kitzbühel
- Journey on the Ziller Valley Steam Train
- Guided visit & tasting at a Ziller Valley Cheese Farm
- Cruise on Lake Achensee

Optional excursion to Innsbruck (£20pp)
Single supplement from £160

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE NFL Wild Card play-offs
Sat 9pm & 1am, Sun 5.30pm, 9pm & 12.30am, Mon 1am Sky Sports NFL; Sat 11pm & 1am, Sun 5.30pm, 9pm & 12.30am, Mon 1am Sky Sports Main Event

BASKETBALL

LIVE Duke Blue Devils v Notre Dame Fighting Irish
Sat 5pm Sky Sports Mix

LIVE Texas Tech Red Raiders v Iowa State Cyclones
Sat 7pm Sky Sports Mix

LIVE Phoenix Suns v Utah Jazz
Sat 10pm TNT Sports 3

LIVE Virginia Cavaliers Women v Duke Blue Devils Women
Sun 5pm Sky Sports Mix

LIVE Stanford Cardinal Women v NC State Wolfpack Women
Sun 8pm Sky Sports Mix

LIVE Dallas Mavericks v Denver Nuggets
Sun 8pm TNT Sports 2

LIVE Los Angeles Lakers v San Antonio Spurs
Mon 3.30am TNT Sports 3

LIVE Indiana Pacers v Cleveland Cavaliers
Tue 12m't TNT Sports 1

LIVE Dallas Mavericks v Denver Nuggets
Tue 2.30am TNT Sports 1

LIVE Michigan State Spartans v Kansas Jayhawks
Wed 12m't Sky Sports Mix

LIVE Philadelphia 76ers v New York Knicks
Wed 12.30am TNT Sports 2

LIVE Oklahoma City Thunder v Cleveland Cavaliers
Thu 12.30am TNT Sports 2

LIVE Sacramento Kings v Houston Rockets
Thu 3am TNT Sports 2

LIVE Dallas Mavericks v Oklahoma City Thunder
Fri 1.30am TNT Sports 2

BOXING

LIVE Callum Simpson v Steed Woodall
Sat 7.30pm Sky Sports Main Event & Sky Sports+

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 10pm TNT Sports 2

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Rugby union
Ollie Hassell-Collins and Leicester Tigers face Ulster in the Champions Cup on Saturday

LIVE Mackenzie Dern v Amanda Ribas
Sat 12m't TNT Sports 2

CRICKET

LIVE Sydney Sixers v Perth Scorchers
Sat 6am Sky Sports Cricket

LIVE Adelaide Strikers v Brisbane Heat
Sat 8.55am Sky Sports Cricket & Sky Sports Mix

LIVE Paarl Royals v Sunrisers Eastern Cape
Sat 11am Sky Sports Cricket

LIVE Joburg Super Kings v MI Cape Town
Sat 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Australia v England
Sat 11pm TNT Sports 1
The first ODI of the Women's Ashes from North Sydney Oval. See p29.

LIVE Central Hinds v Otago Sparks
Sat 11.30pm TNT Sports 4

LIVE Central Stags v Otago Volts
Sat 3.15am TNT Sports 4

LIVE India v Ireland
Sat 5.30am TNT Sports 2
Coverage of the women's second ODI from Rajkot.

LIVE Melbourne Renegades v Melbourne Stars
Sun 8.10am Sky Sports Cricket

LIVE Pretoria Capitals v Durban's Super Giants
Sun 1pm Sky Sports Cricket

LIVE Auckland Hearts v Northern Brave
Sun 11.30pm TNT Sports 1

LIVE Auckland Aces v Northern Brave
Sun 3.15am TNT Sports 1

LIVE Sydney Thunder v Perth Scorchers
Mon 8.25am Sky Sports Cricket & 8.30am Sky Sports Main Event

LIVE MI Cape Town v Paarl Royals
Mon 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Australia v England
Mon 10.30pm TNT Sports 1
The second ODI of the Women's Ashes from Melbourne. See p29.

LIVE Wellington Blaze v Otago Sparks
Mon 11.30pm TNT Sports 2

LIVE Wellington Firebirds v Otago Volts
Mon 3.15am TNT Sports 2

LIVE Hobart Hurricanes v Melbourne Renegades
Tue 8.25am Sky Sports Cricket & Sky Sports Mix, 8.30am Sky Sports Main Event

LIVE Pretoria Capitals v Sunrisers Eastern Cape
Tue 11am Sky Sports Cricket & 11.45am Sky Sports Main Event

LIVE Durban's Super Giants v Joburg Super Kings
Tue 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Auckland Hearts v Central Hinds
Tue 11.30pm TNT Sports 3

LIVE Auckland Aces v Central Stags
Tue 3.15am TNT Sports 3

LIVE India v Ireland
Tue 5.30am TNT Sports 2

LIVE Adelaide Strikers v Sydney Sixers
Wed 8.25am Sky Sports Cricket & 8.30am Sky Sports Main Event

LIVE Paarl Royals v MI Cape Town
Wed 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Otago Sparks v Northern Brave
Wed 11.30pm TNT Sports 1

LIVE Otago Volts v Northern Brave
Wed 3.15am TNT Sports 1

LIVE Brisbane Heat v Hobart Hurricanes
Thu 8.25am Sky Sports Cricket

LIVE Joburg Super Kings v Pretoria Capitals
Thu 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Australia v England
Thu 10.30pm TNT Sports 1
Third and final ODI of the Women's Ashes from Hobart. See p29.

LIVE Central Hinds v Canterbury Magicians
Thu 1am TNT Sports 3

LIVE Central Stags v Canterbury Kings
Thu 4.45am TNT Sports 3

LIVE Sydney Sixers v Sydney Thunder
Fri 8.10am Sky Sports Cricket

LIVE Durban's Super Giants v Sunrisers Eastern Cape
Fri 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Otago Sparks v Wellington Blaze
Fri 9.30pm TNT Sports 1

LIVE Otago Volts v Wellington Firebirds
Fri 1.15am TNT Sports 1

LIVE England v Ireland
Fri 2.15am Sky Sports Main Event & Sky Sports Cricket
The U19 Women's World T20 game.

LIVE Australia v Scotland
Fri 2.15am Sky Sports+

LIVE Samoa v Nigeria
Fri 2.15am Sky Sports Mix

DARTS

LIVE World Series of Bahrain Masters
Thu 5pm & Fri 4pm ITV4

GOLF

LIVE Continental Europe v Great Britain & Ireland
Sat 6am & Sun 6.30am Sky Sports Main Event & Sky Sports Golf
Days two and three in Abu Dhabi.

LIVE Sony Open in Hawaii
Sat & Sun 6pm Sky Sports Golf; Sun 6.30pm Sky Sports+
Days three and four in Honolulu.

LIVE Los Angeles Golf Club v Jupiter Links Golf Club
Tue 12m't Sky Sports Main Event & Sky Sports Golf

LIVE Dubai Desert Classic
Wed & Thu 4am, Fri 5.30am Sky Sports Main Event; Wed-Fri 4am Sky Sports Golf
Days one to three.

LIVE The American Express
Thu & Fri 4.30pm Sky Sports Golf & 10.30pm Sky Sports Main Event
Days one and two from California.

LIVE Latin American Amateur Championship
Thu & Fri 6pm Sky Sports+
Days one and two from Argentina.

HORSE RACING

LIVE Warwick
Sat 1pm ITV4

LIVE Windsor
Fri 1.30pm ITV4

ICE HOCKEY

LIVE Chicago Blackhawks v Edmonton Oilers
Sat 12m't Premier Sports 2

LIVE Vegas Golden Knights v New York Rangers
Sat 3am Premier Sports 1

LIVE Detroit Red Wings v Seattle Kraken
Sun 8pm Premier Sports 2

LIVE Pittsburgh Penguins v Tampa Bay Lightning
Sun 10pm Premier Sports 1

LIVE Vegas Golden Knights v Minnesota Wild
Sun 1am Premier Sports 2

LIVE Philadelphia Flyers v Florida Panthers
Mon 12m't Premier Sports 2

LIVE Edmonton Oilers v Los Angeles Kings
Mon 2.30am Premier Sports 1

LIVE Toronto Maple Leafs v Dallas Stars
Tue 12m't Premier Sports 2

LIVE St Louis Blues v Calgary Flames
Tue 1am Premier Sports 1

LIVE Buffalo Sabres v Carolina Hurricanes
Wed 11pm Premier Sports 2

LIVE Minnesota Wild v Edmonton Oilers
Wed 1.30am Premier Sports 1

LIVE Florida Panthers v Detroit Red Wings
Thu 12m't Premier Sports 2

LIVE Vancouver Canucks v Los Angeles Kings
Thu 3am Premier Sports 1

LIVE Buffalo Sabres v Pittsburgh Penguins
Fri 12m't Premier Sports 1

LIVE Carolina Hurricanes v Vegas Golden Knights
Fri 12m't Premier Sports 2

MOTORSPORT

LIVE FIA Formula E
Sat 1.30pm & 3.30pm TNT Sports 1, 7pm TNT Sports 2

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

RUGBY UNION

LIVE Stormers v Sale Sharks
Sat 12.30pm Premier Sports 2 (kick-off 1pm)

LIVE Sharks v Toulouse
Sat 2.30pm Premier Sports 1

LIVE Exeter Chiefs v Bordeaux Begles
Sat 2.45pm Premier Sports 2 (kick-off 3.15pm)

LIVE Ospreys v Newcastle Falcons
Sat 5.15pm S4C (kick-off 5.30pm)

LIVE Munster v Saracens
Sat 5.15pm Premier Sports 1 (kick-off 5.30pm)

LIVE Stade Francais v Northampton Saints
Sat 5.15pm Premier Sports 2 (kick-off 5.30pm)

LIVE Leicester Tigers v Ulster
Sat 7.30pm Premier Sports 2 (kick-off 8pm)

LIVE Castres v Bulls
Sat 7.45pm Premier Sports 1

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LIVE Toulon v Harlequins
Sun 12.30pm Premier Sports 2 (kick-off 1pm)

LIVE Exeter Chiefs Women v Bristol Bears Women
Sun 2.30pm TNT Sports 1

LIVE La Rochelle v Leinster
Sun 3pm Premier Sports 1

LIVE Bristol Bears v Benetton
Sun 3pm Premier Sports 2 (kick-off 3.15pm)

LIVE Bath v Clermont Auvergne
Sun 5.15pm Premier Sports 2 (kick-off 5.30pm)

LIVE Ulster v Exeter Chiefs
Fri 7pm Premier Sports 1 (k-o 8pm)

LIVE Cardiff v Connacht
Fri 7.30pm Premier Sports 2 (kick-off 8pm)

SAILING

LIVE SailGP
Fri 3am TNT Sports 3

SKIING

LIVE Alpine Skiing
Sat 9.15am & 12.15pm Euro1; Sun 9.30am & 12.05pm, Tue 4.30pm & 7.30pm, Fri 11.30am Euro2

LIVE Biathlon
Sat 11.30am & 1.30pm Euro1; Sun 11.20am & 1.30pm, Wed & Thu 1pm, Fri 1.20pm Euro2

LIVE Cross-Country Skiing
Fri 2.40pm Euro2

SNOOKER

LIVE Ronnie O'Sullivan v John Higgins
Sun 1pm BBC2 & Euro1
Coverage of the Masters. See p29.

LIVE Shaun Murphy v Gary Wilson
Sun 6.45pm Euro1 & 7pm BBC4

LIVE Mark Williams v Ding Junhui
Mon 1pm BBC2 & Euro1

LIVE Mark Selby v Ali Carter
Mon 6.45pm Euro1 & 7pm BBC4

LIVE Judd Trump v Barry Hawkins
Tue 1pm BBC2 & Euro1

LIVE Mark Allen v Si Jiahui
Tue 6.45pm Euro1 & 7pm BBC4

LIVE Kyren Wilson v Zhang Anda
Wed 1pm BBC2 & Euro1

LIVE Luca Brecel v Chris Wakelin
Wed 6.45pm Euro1 & 7pm BBC4

LIVE Masters Quarter-finals
Thu & Fri 1pm & 7pm BBC2, 1pm & 6.45pm Euro1, 8pm BBC4

TENNIS

LIVE Adelaide International
Sat 7.30am Sky Sports Tennis

LIVE Australian Open
Sat & Mon-Fri 12.30am, Sun 8am & 12.30am Euro1; Sat-Fri 12.30am Euro2
Days one to seven, featuring rounds one to three in Melbourne. See p29.

WINTER SPORTS

LIVE Snowboarding
Sat 11.50am, Tue 6.15pm & Wed 2.50pm Euro2; Sat 4.50pm Euro1

LIVE Ski Jumping
Fri 4.55pm Euro1

LIVE PREMIER LEAGUE

Brentford v Manchester City

Tuesday, kick-off 7.30pm, TNT Sports 2

TNT Sports has a full round of live Premier League action from Tuesday to Thursday, beginning at the Gtech Stadium. Bees attacker Bryan Mbeumo scored his 10th top-flight goal of the season before Christmas – his first double-figures return.

LIVE PREMIER LEAGUE

Newcastle United v Wolves

Wednesday, kick-off 7.30pm, TNT Sports 3

Wolves boss Vítor Pereira, who won league titles in Portugal, Greece and China, has a job on his hands to keep his latest club in the top flight. The Premier League strugglers lost the reverse fixture 2-1 at Molineux in September.

LIVE PREMIER LEAGUE

Arsenal v Tottenham Hotspur

Wednesday, kick-off 8pm, TNT Sports 1

Three of Arsenal's last four goals against their North London neighbours have come from set-pieces, including Gabriel's headed winner in September. Spurs will aim to stop a five-match winless run against the Gunners.

Saturday 11

LIVE Newcastle Jets Women v Melbourne Victory Women
6am TNT Sports 4 (kick-off 6am)

LIVE Melbourne City v Brisbane Roar
6am TNT Sports 1 (kick-off 6am)

LIVE Canberra United Women v Western United Women
6am TNT Sports 3 (kick-off 6am)

LIVE Sydney FC v Central Coast Mariners
8.30am TNT Sports 1 (kick-off 8.35am)

LIVE Melbourne City Women v Brisbane Roar Women
8.45am TNT Sports 3 (kick-off 8.45am)

LIVE Perth Glory v Auckland FC
10.45am TNT Sports 1 (kick-off 10.45am)

LIVE Liverpool v Accrington Stanley
11.30am ITV1 (kick-off 12.15pm)
The FA Cup third-round match from Anfield. See p28.

LIVE Ross County v Celtic
12noon Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Scottish Premiership match.

LIVE Walsall v Tranmere Rovers
12noon Sky Sports+ (kick-off 12.30pm)

LIVE Kelty Hearts v Stenhousemuir
5.20pm BBC Alba (kick-off 5.30pm)

LIVE Borussia Mönchengladbach v Bayern Munich
5.20pm Sky Sports Football & Sky Sports+ (kick-off 5.30pm)
The Bundesliga match.

LIVE Manchester City v Salford City
5.30pm BBC1 (kick-off 5.45pm)
The FA Cup third-round game from the Etihad Stadium. See p28.

LIVE Leeds United v Harrogate Town
5.45pm BBC iPlayer (kick-off 5.45pm)
FA Cup third-round tie. See p28.

LIVE AC Milan v Cagliari
7.30pm TNT Sports 1 (kick-off 7.45pm)
The Serie A match at the San Siro.

Sunday 12

LIVE Newcastle Jets v Macarthur FC
6.30am TNT Sports 3 (kick-off 6am)

LIVE Tamworth v Tottenham Hotspur
11.45am ITV1 (kick-off 12.30pm)
The FA Cup third-round match from the Lamb Ground. See p28.

LIVE Las Palmas v Getafe
12.55pm Premier Sports 1 (kick-off 1pm)

LIVE RB Leipzig v Werder Bremen
2.20pm Sky Sports+ (kick-off 2.30pm)

LIVE Aberdeen v Hearts
2.30pm Sky Sports Main Event & Sky Sports Football (kick-off 3pm)
The Scottish Premiership match.

LIVE Arsenal v Manchester United
2.35pm BBC1 (kick-off 3pm)
The FA Cup third-round encounter at the Emirates Stadium. See p28.

LIVE Newcastle United v Bromley
3pm BBC iPlayer (kick-off 3pm)
FA Cup third-round tie. See p28.

LIVE Celtic v Partick Thistle
4pm BBC Alba (kick-off 4.10pm)

LIVE Southampton v Swansea City
4.15pm BBC2 (Wales only) & BBC iPlayer (kick-off 4.30pm)
FA Cup third-round tie. See p28.

LIVE FC Augsburg v VfB Stuttgart
4.30pm Sky Sports+ & 5.30pm Sky Sports Football (k-o 4.30pm)

LIVE Napoli v Hellas Verona
7.30pm TNT Sports 1 (kick-off 7.45pm)

Monday 13

LIVE Millwall v Dagenham & Redbridge
6.45pm ITV4 (kick-off 7.30pm)
FA Cup third-round tie. See p28.

LIVE Real Sociedad v Villarreal
7.55pm Premier Sports 1

Tuesday 14

LIVE Perth Glory v Western Sydney Wanderers
10.45am TNT Sports 1 (kick-off 10.45am)

LIVE Holstein Kiel v Borussia Dortmund
5.20pm Sky Sports Football, Sky Sports Mix & Sky Sports+ (kick-off 5.30pm)

LIVE West Ham United v Fulham
6.30pm TNT Sports 4 (kick-off 7.30pm)
The Premier League encounter.

LIVE Nottingham Forest v Liverpool
6.30pm TNT Sports 1 (kick-off 8pm)
Coverage of the Premier League fixture from the City Ground.

LIVE Brentford v Manchester City
6.30pm TNT Sports 2 (kick-off 7.30pm)
The Premier League game from the Gtech Community Stadium.

LIVE Chelsea v Bournemouth
6.30pm TNT Sports 3 (kick-off 7.30pm)
Coverage of the Premier League match staged at Stamford Bridge.

LIVE Dundee v Celtic
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Scottish Premiership match.

LIVE Bayer Leverkusen v FSV Mainz 05
7.30pm Sky Sports Mix (kick-off 7.30pm)

LIVE Exeter City v Mansfield Town
7.35pm Sky Sports+ (kick-off 7.45pm)
Coverage of the League One clash.

Wednesday 15

LIVE Wellington Phoenix v Sydney FC
6am TNT Sports 1 (kick-off 6am)

LIVE Sydney FC Women v Canberra United Women
8am TNT Sports 1 (kick-off 8am)

LIVE VfL Bochum v St Pauli
5.20pm Sky Sports Football & 5.30pm Sky Sports+ (kick-off 5.30pm)

LIVE Leicester City v Crystal Palace
6.30pm TNT Sports 4 (kick-off 7.30pm)
Coverage of the Premier League match at the King Power Stadium.

LIVE Everton v Aston Villa
6.30pm TNT Sports 2 (kick-off 7.30pm)
Coverage of the Premier League match from Goodison Park.

LIVE Newcastle United v Wolverhampton Wanderers
6.30pm TNT Sports 3 (kick-off 7.30pm)
Coverage of the Premier League fixture from St James' Park.

LIVE Arsenal v Tottenham Hotspur
6.30pm TNT Sports 1 (kick-off 8pm)
Premier League action.

LIVE Rangers v Aberdeen
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Scottish Premiership match.

LIVE Bayern Munich v TSG 1899 Hoffenheim
7.30pm Sky Sports+ (kick-off 7.30pm)
Coverage of the Bundesliga game.

Thursday 16

LIVE Manchester United v Southampton
7pm TNT Sports 1 (kick-off 8pm)
The Premier League match staged at Old Trafford.

LIVE Ipswich Town v Brighton & Hove Albion
7pm TNT Sports 2 (kick-off 7.30pm)
Coverage of the Premier League fixture from Portman Road.

LIVE Shrewsbury Town v Wrexham
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)

Friday 17

LIVE Western United v Newcastle Jets
6am TNT Sports 4 (kick-off 6am)

LIVE Western Sydney Wanderers v Central Coast Mariners
8.30am TNT Sports 1 (kick-off 8.35am)

LIVE Western United Women v Melbourne City Women
8.30am TNT Sports 2 (kick-off 8.35am)

LIVE Liverpool v Brighton & Hove Albion
6.30pm Sky Sports Premier League & Sky Showcase (kick-off 7pm)
Coverage of the WSL match.

LIVE Burnley v Sunderland
7pm Sky Sports Main Event; Sky Sports Football (kick-off 8pm)
Championship match at Turf Moor.

LIVE Eintracht Frankfurt v Borussia Dortmund
7.20pm Sky Sports Mix

LIVE Brechin City v Hearts
7.30pm BBC Scotland (kick-off 7.45pm)

LIVE Auckland FC v Melbourne City
4am TNT Sports 2 (kick-off 4am)

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ABTA ABTA No. V4744

Saturday

11 January

Evening Planner

Sci-Fi

Slingshot
Sky Premiere, 8.35am & 6pm
Laurence Fishburne (above) and Casey Affleck star in this space-set thriller about astronauts on a mission to Saturn.

Football

FA Cup Third Round
ITV1, BBC1 & BBC iPlayer
Today's FA Cup coverage includes the tie between Manchester City and Salford City (above, k-o 5.45pm BBC1).

Tennis

Australian Open
Eurosport 1, Eurosport 2 & Discovery+, from 12.30am
Coverage from Melbourne, where Aryna Sabalenka is the defending champion.

OnDemand

MGM+

Earth Abides
Available today
Alexander Ludwig stars as a man who wakes from a coma to find a virus has wiped out most of the Earth's population.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 5.30 Match of the Day: FA Cup...	7.50 The Weakest Link		8.35 Pointless Celebrities	9.20 Casualty		10.10 News	10.30 Match of the...
	102 BBC2	‹ 6.35 Film: Pride & Prejudice			8.35 Rod Stewart at the BBC		9.35 Rod Stewart at the BBC: Volume 2		10.35 Rod...
	103 ITV1	7.00 The Masked Singer			8.30 Ant & Dec's Limitless Win		9.30 North Shore	10.20 News	
	104 CHANNEL 4	7.00 Britain's Most Beautiful Road		8.00 Our Tiny Islands		9.00 Film: West Side Story			
	105 CHANNEL 5	‹ 6.30 A Hundred Days That Rocked the...		8.00 Gatcombe Park: A Royal Residence			9.30 Kate		
	106 SKY SHOWCASE	‹ 6.00 Film: Blithe Spirit		8.00 A League of Their Own		9.00 Dart Kings		10.00 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3	7.00 Film: The Mask			8.35 EastEnders	9.05 The Traitors		10.05 The Traitors...	10.35 Two Pints...
	116 BBC4	7.00 Ulster...	7.20 All Creatures Great and Small			9.00 Crá			10.35 Parkinson
	118 ITV2	7.00 Film: Harry Potter and the Chamber of Secrets						10.10 Family Guy	
	136 MORE4	‹ 6.55 Four in a Bed		7.55 Lake District Rescue		9.00 24 Hours in A&E			
	135 E4	‹ 6.50 Film: Kindergarten Cop				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Coroner		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.50 Boardwalk Empire		8.00 Riviera				10.00 The Tattooist of Auschwitz	
	110 U&GOLD	‹ 6.30 Only Fools and Horses							
	111 U&DAVE	‹ 6.40 Mortimer & Whitehouse: Gone...		8.00 Special Ops: To Catch a Criminal		9.00 Not Going Out			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 6.50 Film: Mission: Impossible				9.00 Film: Jaws			
	112 COMEDY CENTRAL	7.00 Friends		8.00 Mr Bean		9.00 Dara O Briain – Craic Dealer		10.00 Film: Studio 666	
	139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 The Walking Dead			
	113 SKY MAX	7.00 Rob & Romesh vs NBA Basketball		8.00 A League of Their Own		9.00 Strike Back: Vengeance		10.00 Never Mind the Buzzcocks	
	109 U&ALIBI	7.00 Father Brown		8.00 Shakespeare & Hathaway: Private Investigators				10.00 Beyond Paradise	
	130 SKY ARTS	7.00 Film: Viva Las Vegas			8.45 Film: Elvis on Tour				10.30 Elvis Presley...
	132 U&W	7.00 Outnumbered				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush		8.00 The Last Woodsmen		9.00 Sin City Tow		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Swimming with Monsters		9.00 Rugged Justice		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 World's Most Dangerous Drug: Super...	
	123 SKY HISTORY	7.00 Great Escapes with Morgan Freeman				9.00 Secrets of the Hells Angels			
	155 U&YESTERDAY	7.00 Train Truckers		8.00 The Lakes with Simon Reeve		9.00 The Americas with Simon Reeve		10.00 'Allo 'Allo!	
	121 SKY DOCS	7.00 Super/Man: The Christopher Reeve Story				9.00 Dart Kings		10.00 McEnroe	
FILMS - Sky Cinema	301 PREMIERE	‹ 6.00 Slingshot		8.00 The Fall Guy				10.10 Get Away	
	302 ICONS	‹ 5.40 A Star Is Born		8.00 Mamma Mia!				10.00 The Men Who Stare at Goats	
	303 HITS	‹ 6.35 Over the Hedge		8.00 Wonka				10.00 The Flintstones	
	304 GREATS	‹ 5.35 Forrest Gump		8.00 Catch Me If You Can					10.25 Philadelphia
	305 ANIMATION		7.15 Rugrats in Paris		8.45 Mummies				10.20 Maya the Bee
	306 FAMILY	‹ 6.55 The Lord of the Rings: The Fellowship of the Ring						10.00 The NeverEnding Story	
	307 STUNTS	‹ 5.50 Mission: Impossible III		8.00 Mission: Impossible – Dead Reckoning Part One					
	308 COMEDY	‹ 6.05 Gremlins		8.00 Anyone But You			9.45 Boomerang		
	309 THRILLER	‹ 5.30 The Da Vinci Code		8.00 Angels & Demons					10.20 Inferno
	310 DRAMA	‹ 5.55 Shakespeare in Love		8.00 The King's Speech				10.10 The Color Purple	
	311 SCI-FI	‹ 6.00 War of the Worlds		8.00 Ghostbusters				9.55 The Lawnmower Man	
	313 FILM4	‹ 6.50 Flight of the Phoenix				9.00 Oblivion			
SPORT	401 MAIN EVENT	‹ 3.00 SA20 – Live	7.30 Fight Night – Live: Callum Simpson v Steed Woodall						
	402 PREMIER LEAGUE	7.00 Unpacked	7.30 My Origin Story	8.00 Chasing the Dream		9.00 Newcastle...	9.30 We're Not...	10.00 Class of '92: Full Time	
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 Best Moments...	8.00 SPFL					10.15 EFL Cup Highlights
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Jimmy...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 Hope United	7.30 Serie A – Live: AC Milan v Cagliari (Kick-off 7.45)					9.45 Match Officials...	10.15 PL Stories
	411 TNT SPORTS 2	7.00 ABB FIA Formula E World Championship – Live: The Mexico City Grand Prix (Start-time 7.05)					9.30 Reload	10.00 UFC – Live	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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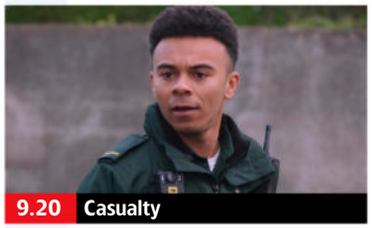
Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With *Silent Witness*'s Emilia Fox. (S)
11.30 **Football Focus** (S)
12.15 PM **Homes Under the Hammer** Properties are auctioned in Kent, London and Coventry. (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
2.30 FILM **Missing Link** Animation with the voice of Hugh Jackman. (S)(AD) (2019, PG, 90min) ★★★
4.00 **Final Score** Results round-up. (S)
5.10 **BBC News** (S)
5.20 **Local News** (S)
5.30 LIVE **Match of the Day: FA Cup** Manchester City v Salford City: Coverage of the third-round tie from the Etihad Stadium. Kick-off is at 5.45. *See feature, page 28.* (S)


9.20 Casualty

6 PM LIVE **Match of the Day: FA Cup** (started at 5.30pm)

7 PM **7.50** **The Weakest Link** New edition Celebrity edition of the quiz hosted by Romesh Ranganathan, with Mel B, Eamonn Holmes, Shobna Gulati, Denis Lawson, Arielle Free, Briony May Williams, Nick Pickard and Rob Bent. (S)

8 PM **8.35** **Pointless Celebrities** New edition Mark Stacey, Catherine Southon, Kye Whyte, Dan Powell, Anjli Mohindra, Meera Syal, Rosie Jones and Suzi Ruffell take part. (S)

9 PM **9.20** **Casualty** *Bite the Bullet:* Indie prepares for the first day of her placement, where she has to deal with a drive-by shooting and think fast to get a gun-wielding patient to accept treatment. (S)(AD)

10 PM **10.10** **BBC News** (S)
10.30 **Match of the Day: FA Cup Highlights** Kelly Somers presents action from this weekend's third-round ties, including Manchester City v Salford City, Liverpool v Accrington Stanley and Chelsea v Morecambe. (S)
12.00 M'T FILM **The Hurt Locker** Kathryn Bigelow's Iraq War drama starring Jeremy Renner, Anthony Mackie and Brian Geraghty. A reckless US army bomb-disposal expert puts his colleagues' lives at risk in Baghdad in 2004. (S)(AD) (2008, 15, 125min) ★★★★★
2.05 AM **Weather for the Week Ahead**
2.10 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.25 AM **Children's Programmes**
9.00 **Monty Don's British Gardens** (R)
10.00 **This Wild Life** (S)(R)
10.30 **Animal Babies: First Year on Earth** Documentary. (S)(R)(AD)
11.30 **Simply Nigella** (S)(R)(AD)
12.00 NOON **Raymond Blanc's Kitchen Secrets** Raymond prepares four chocolate-based dishes. (S)(R)(AD)
12.30 PM FILM **The Diary of Anne Frank** Fact-based drama starring Millie Perkins and Joseph Schildkraut. (S) (1959, b/w, U, 165min) ★★★★
3.15 **Natural World: Spectacled Bears – Shadows of the Forest** (S)(R)
4.05 **The Wonder of Animals** (S)(R)(AD)
4.35 **Flog It!** From Stockport. (S)(R)
5.35 **Hidden Treasures of the National Trust** 2/6. Cameras follow the teams who care for Cliveden House and Polesden Lacey. (S)(R)(AD)

6.35 Pride & Prejudice

6.35 FILM **Pride & Prejudice** Romantic period drama based on Jane Austen's novel, starring Keira Knightley and Matthew Macfadyen. There is an immediate clash of wills when the spirited Elizabeth meets the wealthy and aloof Mr Darcy. Can they overcome their pride and prejudice and find romance? With Brenda Blethyn and Donald Sutherland. (S)(AD) (2005, U, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.35 **Rod Stewart at the BBC** A tribute to the singer's career with a selection of his performances and interviews at the BBC, including the songs *Sailing, You're in My Heart, I Don't Want to Talk About It* and *Da Ya Think I'm Sexy?* (S)(R)
9.35 **Rod Stewart at the BBC: Volume 2** A second collection of archive appearances by the singer, including performances of *Have I Told You Lately, It's a Heartache* and *Tonight's the Night*. (S)(R)
10.35 **Rod Stewart: Radio 2 in Concert** A 2013 performance at the BBC Radio Theatre by the singer, featuring hits including *You Wear It Well, I Don't Want to Talk About It* and *Maggie May*. (S)(R)
11.35 **Imagine: Rod Stewart – Can't Stop Me Now** The singer talks about his illustrious career. (S)(R)
1.00 AM **Rod Stewart Live at Hyde Park** A concert by the singer for Radio 2's Festival in a Day. (S)(R)
2.00 **Rod's Christmas Concert: Old Grey Whistle Test** (S)(R)
3.05 **Sign Zone: Call the Midwife** 1/8. Demonstrations cause havoc for the Nonnatus team. (S14) (S)(R)(AD)
4.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Inside Britain's Food Factories**
6.25 **The Masked Singer** (S)(R)(AD)
7.35 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With James and Clair Buckley. (S)
11.15 **ITV News** (S)
11.30 LIVE **Football: FA Cup** Liverpool v Accrington Stanley: The third-round tie from Anfield. Kick-off is at 12.15. *See feature, page 28.* (S)
2.30 PM **Celebrity Lingo** (S)(R)
3.30 **Tipping Point: Lucky Stars** (S)(R)
4.30 **ITV News** (S)
4.50 **Local News** (S)
5.00 **The Chase Celebrity Special** Chizzy Akudolu, Sonja McLaughlan, Andrew Pierce and Jack Carroll take part. (S)(R)

7.00 The Masked Singer

6.00 **Wheel of Fortune** New edition Graham Norton hosts the game show as Chris, Laura and Samantha compete to solve word puzzles to get the chance to spin the wheel and win big money prizes. (S)(AD)
7.00 **The Masked Singer** New edition 3/8. Five of the incognito celebrities take to the stage again, with Jonathan Ross, Davina McCall, Maya Jama, Mo Gilligan and guest Suranne Jones trying to guess their identities. (S)(AD)
8.30 **Ant & Dec's Limitless Win** New edition Husband-and-wife team Richard and Lorna finish their game before postman David and his partner Aaron get their chance to face the Limitless Ladder and win some major money. (S)(AD)
■ Continues tomorrow
9.30 **North Shore** New episode 2/6. Max is shocked to hear that Meg sees their time apart as a trial separation, but helps the investigation by persuading Abigail to make a public appeal. Stars John Bradley. (S1) (S)(AD)
■ Entire series on ITVX
10.20 **ITV News** (S)
10.35 FILM **Casino Royale** James Bond spoof starring David Niven, Peter Sellers, Woody Allen and Ursula Andress. Sir James Bond passes on his licence to kill to his inept nephew. (S)(AD) (1967, PG, 145min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Teleshopping**
3.00 **North Shore** (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Royal Beat** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.05 AM **Cheers** 24&25/26. (S8) (S)(R)
7.00 **The King of Queens** (S)(R)(AD)
7.50 **Frasier** 14-18/24. (S10) (S)(R)(AD)
10.25 **The Simpsons** (S)(R)(AD)
11.25 FILM **The Adventures of Tintin** Animated adventure featuring the voice of Jamie Bell. (S)(AD) (2011, PG, 130min) ★★★★★
1.35 PM **Four in a Bed** The first visit is to the Mayfield Hotel, Seaburn. (S)(R)
2.05 A stay at the Sutherlands Hotel in Gateshead. (S)(R)
2.40 From Brampton Dales Farm in Gainsborough. (S)(R)
3.10 The final visit is to Valley View in Pendle, Lancashire. (S)(R)
3.40 The owners meet up. (S)(R)
4.15 **The Great Pottery Throw Down** 1/10. Twelve more potters take up the challenge. (S)(R)(AD)
5.30 **News** (S)

9.00 West Side Story

6.00 **Sarah Beeny's New Life in the Country** New edition The family turn their attention to Sarah's father's old caravan, which Sarah plans to transform into a living and sleeping space. (S)(AD)
7.00 **Britain's Most Beautiful Road** 1/4. The highs and lows of Scotland's North Coast-500 route during its busiest season yet, with exclusive access to the Highland Council and its new ranger team. (S)(R)(AD)
8.00 **Our Tiny Islands** 1/4. Exploring some of the UK's smaller islands, as well as the wildlife and communities that inhabit them, such as the Isle of Gigha, where Tony and Catriona have settled. (S)(R)(AD)
9.00 FILM PREMIERE **West Side Story** Steven Spielberg's version of the hit 1957 musical, starring Rachel Zegler, Ansel Elgort and an Oscar-winning Ariana DeBose. A member of a New York gang falls in love with his rival's sister. (S)(AD) (2021, 12, 185min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM FILM **Alita: Battle Angel** Sci-fi adventure starring Rosa Salazar and Christoph Waltz. (S)(AD) (2019, 12, 125min) ★★★★
2.10 **Ramsay's Kitchen Nightmares USA** A Mexican restaurant in West Nyack, New York. (S)(SL)(R)
3.00 **The Simpsons** (S)(R)(AD)
3.25 **Undercover Boss USA** (S)(R)
4.15 **Sunday Brunch Best Bits** (S)(R)
4.30 **to 6.10** AM **Frasier** (S)(R)(AD)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **Winter Road Rescue** (S)(R)
9.45 **Cruising with Jane McDonald** Double bill of editions. (S)(R)
11.30 NEW SERIES **The Weekend Travel Show** 1/8. Kym Marsh and Richard Arnold explore exciting holiday destinations. (S)
1.00 PM **You Are What You Eat** (R)
3.00 **Happy Campers: The Caravan Park** Cameras follow events at two holiday camps. (S)(R) **4.00** Charley and Andi make their debuts as park mascots Deano and Sparky. (S)(R)
5.00 **Beast from the East: The Big Freeze of 2018** The brutal weather system from Siberia that hit Britain. (S)(R)

8.00 Gatcombe Park: A Royal...

6.25 **News** (S)
6.30 **A Hundred Days That Rocked the Royals** A look at the misfortunes that hit the Royal Family in 2024, examining the heart of these challenging times and how the monarchy has responded with steadfastness and resilience. (S)(R)
8.00 NEW **Gatcombe Park: A Royal Residence** A look at Princess Anne's private residence in the Cotswolds, which is also home for her two children and their families, and a haven for her horses. (S)
9.30 NEW SERIES **Kate** 1/2. First of a two-part profile of Catherine, Princess of Wales, featuring first-hand testimonies from those who know her best to chart her rise from girl-next-door to the future queen. Concludes next week.(S)
11.05 **When TV Guests Go Horribly Wrong** A selection of TV's most memorable guests. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Rich House, Poor House** (S)(R)
3.45 **Building Britain's Canals** Grand Union Canal. (S)(SL)(R)
4.35 **Great Artists** (S)(SL)(R)
5.00 **Wildlife SOS** (S)(SL)(R)
5.25 **to 5.30** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Boosnoo! Mega Mashups**
6.30 **LEGO Friends** (S)
6.55 **Trolls: Trollstopia** (S)(R)(AD)
7.45 **Ultimate Magic Skills** (S)(R)
8.05 **Beasts of the Big Blue** Triple bill of editions. (S)(R)(AD)
11.00 **The Simpsons** Six episodes of the series, including at: **1.00** PM *Today I Am a Clown:* Homer is awarded his own TV talk show and takes over Krusty's regular TV slot. (S)(R) **1.30** *Marge v Singles, Seniors, Childless Couples and Teens, and Gays:* Marge tries to halt a campaign against children. (S)(R)
2.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.30 **Football's Funniest Moments** Comical incidents from the football world. (S)(R)(AD)

9.00 Dart Kings

6.00 FILM **Blithe Spirit** Comedy starring Isla Fisher, Dan Stevens and Leslie Mann. A spiritualist medium holds a seance for a writer – but accidentally summons the spirit of his deceased first wife. With Judi Dench and Emilia Fox. (S)(AD) (2020, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
8.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz as regulars Jamie Redknapp, Micah Richards and Jill Scott are joined by Tyson Fury, Maya Jama and Rob Beckett. (R)
9.00 **Dart Kings** New edition 2/3. The remarkable story of Jocky Wilson, charting his rise and fall and the lasting impact he made on the sport. ■ Entire series on Box Sets
10.00 **Never Mind the Buzzcocks** A 1990s special, with guests Alex James, Julian Clary and Sister Bliss, and Mel B as stand-in captain. (S)(R)(AD)
11.00 **The Office (US)** 21/28. Kelly develops a new crush. (S)(R) **11.30** 22/28. Jim regrets lying about his football ability. (S)(R) **12.00** M'T 23/28. Michael holds a pancake lunch. (S)(R) **12.30** AM 24/28. Andy tries to become Jim's new confidant in Pam's absence. (S5) (S)(R)
1.00 **The Force: Manchester** (S)(R)
2.00 **Brit Cops: Frontline Crime UK**
3.00 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
4.00-5.10pm Sportscene: Open All Mics (S) **12.00m't** Sportscene: Premiership Highlights (S)(R) **1.00am** FILM The Hurt Locker (S)(AD) (2008, 15, 125min) ★★★★★ **3.05** Weather for the Week Ahead (S) **3.10-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
4.05pm Flog It! (S)(R) **5.05** Hidden Treasures of the National Trust (S)(R)(AD) **6.05-6.35pm** Anna Haugh's Big Irish Food Tour (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Am Dro! **11.00** Dau Gi Bach (AD) **11.30** Cwpwrdd Epic Chris **12.00noon** Codi Pac **12.30pm** Teulu'r Castell **1.30** Y Ci Perffaith **2.00** Sain Ffagan (AD) **2.30** Hen Dy Newydd (AD) **3.30** Taith Bywyd (AD) **4.25** Ffasiwn Drefn (AD) **4.50** Sgwrs Dan y Lloer **5.15** LIVE Clwb Rygbi **7.40** Newyddion a Chwaraeon **8.00** Noson Lawen New edition **9.00** Clwb Rygbi **10.45-11.50pm** Alun, Chris a Kiri yn Seland Newydd

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM FILM **The Mask** Fantasy comedy starring Jim Carrey as a meek bank clerk who is transformed into a green-faced superhero when he puts on a bewitched mask. With Cameron Diaz. (1994, PG, 101min) ★★★★
8.35 **EastEnders** The Mitchells make a worrying discovery.
9.05 **The Traitors** 4/12. Suspicion mounts amongst the Faithful.
10.05 **The Traitors: Uncloaked** 4/12. Ed Gamble discusses developments in the castle.
10.35 **Two Pints of Lager and a Packet of Crisps** 8/14. Gaz starts binge eating. **11.05** 9/14. Jonny and Gaz attend Janet's antenatal class. **11.35** 10/14. Gaz makes a startling confession. (S5)
12.05 AM **Ballers: Ball or Nothing** Double bill.
1.05 **Charlie Cooper's Myth Country** The Black Shuck.
1.35 **Drugs Map of Britain**
2.35 **Two Pints of Lager and a Packet of Crisps**
3.35 **to 3.55** AM **My Mate's a Bad Date**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Ulster in Focus** The craftsmen and farmers of the Kingdom of Mourne in Northern Ireland.
7.20 **All Creatures Great and Small** *Cats and Dogs:* James performs an operation on a pedigree bull. **8.10** *Attendant Problems:* A stray dog worries a flock of sheep during lambing season.
9.00 NEW SERIES **Crá** 1/6. Irish mystery drama. Life in a small Donegal town is irrevocably changed with the discovery of the body of a local woman who went missing 15 years previously. **9.45** New episode 2/6. Sabine's funeral takes place – and her son and husband are the main murder suspects. Subtitled. (S1)
10.35 **Parkinson** Interviews with David Attenborough and Andre Previn.
11.40 **Porridge**
12.10 AM **As Time Goes By**
12.40 **Kenneth Williams: Fantabulosa!**
2.00 **to 3.40** AM **All Creatures Great and Small**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
12.30 PM **Location, Location, Location** Double bill.
2.35 **Come Dine with Me**
5.15 **Four in a Bed** The owners of the Sea Verge Hotel in Paignton are the first hosts. **5.50** From the Portcullis Hotel in Chipping Sodbury. **6.20** A visit to the Orchid Hotel in Bournemouth. **6.55** The competition heads to Orles Barn in Ross-on-Wye, Herefordshire.
7.25 **Four in a Bed** This week's winner is announced.
7.55 **Lake District Rescue** 1/4. Documentary about the Lake District Mountain Rescue Association. The Wasdale Mountain Rescue Team are sent to a man with a dislocated shoulder at the Eskdale Pools.
9.00 **24 Hours in A&E** A woman is treated for a head wound after tripping down the stairs at home. **10.00** A man is rushed in after crashing his motorbike, while a two-year-old girl's parents suspect that she has swallowed a coin.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Rude(ish) Tube Shorts**
6.10 **Lego Masters Australia**
7.20 **Don't Tell the Bride**
9.20 **Ramsay's Kitchen Nightmares USA**
12.25 PM **Modern Family**
2.50 **The Big Bang Theory** Back-to-back episodes.
5.50 **The Big Bang Theory** Two episodes. Sheldon and Penny fall out following a paintballing accident. **6.20** The pals are excited to discover actor Summer Glau is on their train. (S2)
6.50 FILM **Kindergarten Cop** Comedy thriller starring Arnold Schwarzenegger as a detective who must go undercover disguised as a playschool teacher. With Penelope Ann Miller. (1990, 15, 111min) ★★★
9.00 **Celebrity Gogglebox** Famous faces appraise programmes including *Hijack, A Wright Family Holiday, Cocaine Bear, Below Deck Sailing Yacht, Puzzling and Antiques Roadshow.*
10.00 **Gogglebox** The critics review *Coronation Street, Married at First Sight UK* and *Nadiya's Simple Spices.*
11.05 **Gogglebox**
12.05 AM **First Dates**
2.10 **Gogglebox**
4.00 **Ramsay's Kitchen Nightmares USA**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hour 235/236 | 306 | 30 | 123

Saturday primetime

Saturday primetime

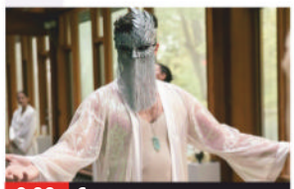
SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Brit Cops: Rapid Response** Documentary.
7.00 **Brit Cops: Law & Disorder**
8.00 **Motorway Patrol**
9.00 **Highway Patrol**
10.00 **Border Patrol**
12.00 NOON **Border Security: Canada's Front Line** Four editions, including at: **1.30** PM A British traveller's proposed reunion with a girlfriend could be cut short.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.


9.00 Coroner

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Coroner** *LJND:* 8/12. Jenny, Donovan and Malik come face to face with a monster. (S4)

10 PM
10.00 **Elsbeth** *Pilot:* 1/10. Crime drama, with Carrie Preston reprising her role from *The Good Wife* and *The Good Fight*. (S1)
11.00 **Chicago Fire** 9/22. Gallo campaigns for Herrmann to represent 51 at the winter conference. (S11)
12.00 M'T **The Equalizer** 8/10. (S1)
1.00 AM **For Life** 1/13. (S1)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Fish Town**
9.00 **The Sopranos** 6-10/13. (S3)
2.30 PM **Boardwalk Empire** 11/12. Nucky is forced to seek refuge with Chalky White. **3.30** 12/12. Nucky cedes control of one of his prized assets to Rothstein. (S3) **4.40** 1/12. Chalky prepares to open the Onyx Club. **5.45** 2/12. Harlem gangster Dr Valentin Narcisse clashes with Chalky and Nucky. (S4)

8.00 Riviera

7 PM
6.50 **Boardwalk Empire** *Acres of Diamonds:* 3/12. Nucky has reservations about investing in a Tampa land deal. (S4)

8 PM
8.00 **Riviera** 5/10. Georgina throws herself into the quest to find Noah's lost painting, while Adriana and Nico Eltham grow closer.

9 PM
9.00 **Riviera** 6/10. Georgina confesses to a horrified Jeff, and an explosive secret of Cassandra's finally gets out. (S2)

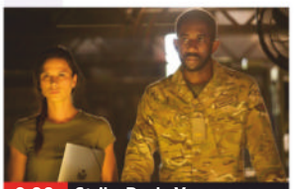
10 PM
10.00 **The Tattooist of Auschwitz** 1/6. Fact-based Holocaust drama starring Jonah Hauer-King and Anna Prochniak. (S1)
11.05 **The Tattooist of Auschwitz** 2/6. Lali takes a huge risk to see prisoner 4562 again. (S1)
12.05 AM **Game of Thrones** 1/10. First episode of the drama starring Sean Bean. (S1)
1.20 **Game of Thrones** (S1)
5.25 **to 6.00** AM **In Treatment**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Sun, Sea and A&E**
8.00 **Supergirl** (S5&6)
1.00 PM **FILM Stargate: Ark of Truth** Sci-fi adventure starring Michael Shanks. (2008, 12, 97min) ★★★
3.00 **Magnum P.I.** 10/20. A hit squad lay siege to Robin's Nest. **4.00** 11/20. Thomas and Higgins work for a dangerous and controversial client. **5.00** 12/20. TC becomes increasingly frustrated. **6.00** 13/20. Katsumoto goes undercover. (S5)


9.00 Strike Back: Vengeance

7 PM
7.00 **Rob & Romesh vs NBA Basketball** Rob and Romesh visit the home of the LA Lakers and the LA Clippers.

8 PM
8.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz, with Tyson Fury, Maya Jama and Rob Beckett.

9 PM
9.00 **Strike Back: Vengeance** 2/10. Stonebridge, Scott and the team discover Waabri has put a bounty on their heads. (S3)

10 PM
10.00 **Never Mind the Buzzcocks** With guests Alex James, Julian Clary and Sister Bliss, and stand-in captain Mel B.
11.00 **FILM Fist of Fury** Martial arts thriller starring Bruce Lee. A young kung-fu student embarks on a mission to avenge his old master's death. (1972, 18, 106min) ★★★
1.00 AM **Warrior** 4/10. (S3)
2.00 **Banshee** 8/8. (S4)
3.10 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.30 **Secret Crush**
11.30 **Dinner Date** Double bill.
1.30 PM **Ant & Dec's Limitless Win**
2.30 **The Masked Singer**
4.05 **FILM Harry Potter and the Philosopher's Stone** Fantasy adventure starring Daniel Radcliffe as the famous boy wizard who does not learn of his magical heritage until his 11th birthday. (2001, PG, 152min) ★★★★

10.10 Family Guy

7 PM
7.00 **FILM Harry Potter and the Chamber of Secrets** Fantasy adventure sequel starring Daniel Radcliffe, Rupert Grint and Emma Watson. The boy wizard and his friends confront a mysterious dark force that is terrorising their school. With Robbie Coltrane, Richard Harris and Alan Rickman. (2002, PG, 161min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM
10.10 **Family Guy** 8/20. Peter's boss bans birthdays. (S20) **10.35** 19/22. Lois meets one of her former boyfriends. (S3)
11.05 **Family Guy** 20/22. Stewie plans a trip to England. (S3)
11.35 **American Dad!** (S17&16)
12.35 AM **Iain Stirling's CelebAbility**
1.20 **World's Funniest Videos**
2.20 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Bless This House**
6.35 **Inspector Morse**
10.55 **The Durrells**
12.55 PM **A Touch of Frost**
3.00 **Agatha Christie's Marple** *The Body in the Library:* The corpse of a mystery woman is found in the library of a stately home. Guest stars Ben Miller.
5.00 **Midsomer Murders** *The Sword of Guillaume:* Barnaby joins Causton's annual trip to Brighton when he becomes suspicious about the mayor's plans to buy up coastal land.

3.00 Agatha Christie's Marple

7 PM
7.00 **Midsomer Murders** *The Great and the Good:* A teacher keeps waking in the night believing she has an intruder, but her neighbours are unconvinced – until a local councillor is found dead in her garden. Guest stars Paul Kaye.

9 PM
9.00 **Vera** *Hidden Depths:* The detectives investigate two murders in which the victims have been placed in water and surrounded by flowers, and believe the culprit may be linked to a group of birdwatchers.
11.00 **Shetland** 3&4/6. (S4)
1.15 AM **Joanna Lumley's Home Sweet Home – Travels in My Own Land** From Tilbury Docks in Essex.
2.10 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Ross County v Celtic.
8.15 **Sarah the Lumberjill** The life of lumberjack Sarah Yeaman.
8.45 **Rewind 1980s** The news, music and TV of 1980.
9.00 **Pitch Invasion: How the Scottish and Irish Changed Football** 1/3. The impact of players and managers from Scotland and Ireland on the English game.
10.00 **Mrs Brown's Boys** 1/6. Agnes gives Dermot relationship advice. (S1)
10.30 **Two Doors Down** 1/6. Christine receives a PPI refund windfall. (S2)
11.00 **Best of Scot Squad**
11.30 PM **to 12.00** M'T **T in the Park: Best Bits**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S1)
9.50 **Silicon Valley** (S1)
12.50 PM **Entourage** (S3)
3.35 **Ballers** 1-5/10. (S1)
6.30 **The Office (US)** Five episodes, including at: **8.00** 24/28. Andy hopes to become Jim's new confidant. **8.30** 25/28. The Michael Scott Paper Company's low prices hit profits. (S5)
9.00 **Entourage** 1/12. Drama rekindles his virtual relationship with Jacqueline, the girl he met in Cannes. **9.35** 2/12. Vince's former flame Justine palms him off on her friend at a party. (S5)
10.10 **Rosie Molloy Gives Up Everything** 1&2/6. (S1)
11.20 **Nikki Glaser: Someday You'll Die** Stand-up.
12.35 AM **Black Monday** (S3)
2.05 **Jerrod Carmichael Reality Show**
3.25 **to 5.00** AM **The Righteous Gemstones**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Arts Uncovered**
6.10 **An American in Paris: The Musical**
8.30 **Tales of the Unexpected**
10.30 **Alfred Hitchcock Hour**
1.30 PM **FILM 12 Angry Men** Drama. (1957, b/w, U, 95min) ★★★★★
3.20 **Elvis Presley: The Early Years**
4.50 **Close to You: Remembering The Carpenters**
6.00 **NEW When Elvis Met Priscilla** Documentary.
7.00 **FILM Viva Las Vegas** Musical. (1964, U) ★★★
8.45 **FILM Elvis on Tour** Documentary. (1972, PG, 89min) ★★★
10.30 **Elvis Presley: The Searcher**
12.20 AM **Chuck Berry: The King of Rock n' Roll**
2.00 **The Music of Buddy Holly and the Crickets**
3.55 **Live from the Artists Den** Corinne Bailey Rae.
5.05 **to 6.00** AM **Classic Albums**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Moominvalley**
8.45 **Critters TV**
9.00 **Nothing to Declare**
11.00 **Highway Cops**
11.30 **Monkey Life**
2.00 PM **Wildlife ER**
3.00 **Wildlife Rescue New Zealand** Documentary.
4.00 **Big Cats: An Amazing Animal Family**
5.00 **Patrick Aryee's Wild World** Documentary.
6.00 **Predators**
7.00 **Shark with Steve Backshall** Indian Ocean.
8.00 **Caught on Dashcam**
9.00 **Britcam: Emergency on Our Streets**
9.55 **Sex and the City** (S6)
12.35 AM **Caught on Dashcam**
1.25 **Brit Cops: Rapid Response** Documentary.
2.15 **Border Security: Canada's Front Line**
3.35 **Nothing to Declare**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **The Real Housewives of Jersey** Reality series.
9.10 **John and Lisa's Food Trip Down Under**
10.10 **Scott's Vacation House Rules** Triple bill.
1.05 PM **Project Bakeover**
4.00 **Big Bake: Halloween**
6.00 **Celebrity Dinner Date** With glamour model Casey Batchelor. **7.00** With reality TV star and model Georgia Steel. **8.00** With TV personality Jack Fincham.
9.00 **FILM The Other Woman** Comedy with Cameron Diaz, Leslie Mann and Kate Upton. (2014, 12, 107min) ★★
11.15 **Kavos Weekender**
12.15 AM **The Real Housewives of Miami**
1.15 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the mystery, including at: **7.00** *A Special Love – Part Two:* 2/25. Two children end up in a custody battle. Guest stars Paul Walker and Josh Brolin. (S3) **8.00** *For the Love of Larry:* 3/25. A dog attempts to save its trapped owner. (S3)
9.00 **Garage Sale Mystery: The Beach Murders** Drama with Lori Loughlin and Chiara Zanni.
10.55 **Aurora Teagarden Mysteries: Haunted by Murder** Drama starring Candace Cameron Bure.
12.50 AM **The New Avengers**
3.00 **Randall and Hopkirk (Deceased)** 13/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Best of the 80s**
6.10 **Minder**
7.15 **The Sweeney**
8.25 **Made in Britain**
8.55 **Karen Carney's Leaders of the Pack** With Katie Zelem.
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.25 **Cadfael**
1.00 PM **LIVE Racing** From Warwick, Kempton Park and Wetherby.
4.00 **World of Sport**
4.05 **The Protectors**
4.40 **Sharpe**

6.50 Mission: Impossible

6.50 FILM **Mission: Impossible** Action thriller starring Tom Cruise, Jon Voight and Emmanuelle Béart. An undercover agent devises a risky plan to expose the traitor who betrayed him and his colleagues. (1996, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Jaws** Steven Spielberg's monster thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Grand Fishing Adventure**
1.20 AM **Auto Mundial**
1.45 **Motorsport Mundial**
2.15 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 14-18/22. (S2)
4.00 PM **Star Trek: Voyager** 6/16. The ship becomes ensnared in a strange cloud, which turns out to be an organic life form. **5.00** 7/16. The crew discover a small wormhole – raising hopes that they have found their path home. **6.00** 8/16. Tom Paris is found guilty of murder on an unknown planet. (S1)

9.00 The Walking Dead

7.00 **Star Trek: Voyager** *Emanations:* 9/16. An away team find a number of bodies covered in what looks like cobwebs.

8.00 **Star Trek: Voyager** *Prime Factors:* 10/16. The crew encounter an alien race that offers hope of a return home. (S1)

9.00 **The Walking Dead** *Days Gone Bye:* 1/6. County sheriff Rick Grimes wakes from a coma to find the world has been ravaged by an epidemic of zombies. **10.10** *Guts:* 2/6. Rick is led to another group of survivors, and Lori grows closer to Shane. (S1)

11.00 **The Walking Dead** (S1)
2.00 AM FILM **Moon Crash** Sci-fi thriller starring Jeremy London. A lunar drilling accident causes a giant piece of the moon to hurtle toward Earth, leading to a race against time to save the planet. (2022, PG, 89min) ★★
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
10.00 **Hudson & Rex** 9-12/20. (S5)
2.00 PM **Inspector George Gently** Pilot episode of the crime drama with Martin Shaw.
4.00 **Father Brown** *The Beast of Wedlock:* A mythical wild cat features in the cleric's latest adventure. Stars Mark Williams. **5.00** *The Hidden Man:* Father Brown's friendship with Flambeau is tested to its limits. **6.00** *The Royal Visit:* A royal visit is jeopardised when a body is recovered.

8.00 Shakespeare & Hathaway

7.00 **Father Brown** *The Sands of Time:* Brenda finds love at the home of a clock collector, but she may have fallen for a killer.

8.00 **Shakespeare & Hathaway: Private Investigators** 9/10. The duo investigate a death threat at a tennis club.

9.00 **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu encounter a pair of gangsters. (S2)

10.00 **Beyond Paradise** 1/6. *Death in Paradise* spin-off. Humphrey Goodman cracks crime in Devon. Stars Kris Marshall. (S1)

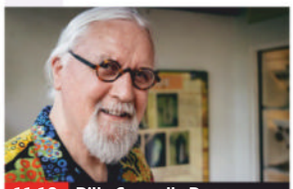
11.00 **Alaska Daily** 1/11. Drama starring Hilary Swank. (S1)
12.00 M'T **Evil** 1/10. The Church sends the team to oversee an experiment involving a cancer-stricken priest. (S3)
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Keeping Up Appearances**
8.00 **Open All Hours**
8.40 **dinnerladies**
9.20 **Only Fools and Horses**
12.40 PM **Only Fools and Horses** Six episodes, including at: **3.20** Christmas special from 1993. Del visits the dentist. **5.10** The Trotters come to the aid of a damsel in distress. **5.50** A weeping statue in the local church gives Del an idea. **6.30** The Trotters are caught up in an attempted robbery.


11.10 Billy Connolly Does...

7.10 **Only Fools and Horses** Del and Rodney fall for the same woman. **7.50** Rodney and Mickey are commissioned to make a community film. **8.30** An old friend returns from Australia flushed with success and offers Del a share in his business empire. **9.10** Feature-length episode. The Trotters journey to Holland to dabble in the diamond import business – with old foe Inspector Slater hot on their trail. Guest stars Jim Broadbent.

11.10 **Billy Connolly Does...** Billy tackles heroes and villains, both public and personal.
12.10 AM **Bottom Live: The Big Number 2 Tour** Stage show from 1995. Richie and Eddie try to invite the Queen for supper.
2.40 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.30 **Storage Hunters UK**
9.00 **Extreme Salvage Squad**
10.00 **Train Truckers**
12.00 NOON **Eddie Eats America**
1.00 PM **Storage Hunters UK**
1.30 **Speed with Guy Martin**
3.00 **Robson's Extreme Fishing Challenge** Double bill.
5.00 **Caribbean with Simon Reeve** Simon visits Barbados.
6.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul head to the Norfolk Broads. **6.40** Wild carp in Mid Wales.

7.20 Mortimer & Whitehouse

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob are on the River Severn to fish for zander.

8.00 **Special Ops: To Catch a Criminal** Documentary following the work of specialist UK police units.

9.00 **Not Going Out** Lee and Lucy play hot-tub fantasy date with Anna and Toby. **9.40** Lee worries that Charlie is getting a reputation at school for being the class clown. **10.20** Lee and Lucy attend a marriage counselling session.

11.00 **QI** Celebrating the BBC's 100th birthday, with Zoe Lyons, Greg James and Richard Osman.
12.00 M'T **Have I Got a Bit More News for You** Double bill.
2.00 AM **Survivor South Africa**
3.00 **to 4.00** AM **Richard Ayoade's Question Team**

+1 hour 211/212 327 74

Saturday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
1.30 PM **A New Life in the Sun** Triple bill.
4.30 **A Place in the Sun** Four editions, including at: **7.00** Jean Johansson helps a couple find a holiday home in Cyprus.
8.00 **Grand Designs** A couple who left London to build a new life in the Somerset countryside.
9.00 **24 Hours in Police Custody: Breakout** An escape attempt from the Yarl's Wood immigration centre.
10.00 FILM **Little Fockers** Comedy sequel starring Robert De Niro. (2010, 12, 94min) ★★★
11.55 **24 Hours in A&E**
1.00 AM **8 Out of 10 Cats Does Countdown**
2.00 **Taskmasterclass**
3.05 **The Great Pottery Throw Down**
4.20 **to 4.55** AM **Travel Man: 48 Hours in Málaga**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4)
1.05 PM **NCIS** Eight episodes of the series, including at: **7.00** *Family Secret:* 16/24. The team suspect that a US Marine has faked his own death. **8.00** *Ravenous:* 17/24. The team hunt for a serial killer. (S3)
9.00 **Criminal Minds** *The Boys of Sudworth Place:* 8/23. A prominent Boston attorney goes missing. **10.00** *Fate:* 9/23. The team seek a murderer with an uncontrollable urge to kill. (S10)
11.00 **Law & Order: Special Victims Unit** *Confidential:* 15/24. A murder echoes a crime committed 20 years previously. (S11)
12.00 M'T **Law & Order: Special Victims Unit**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Entertainment News**
8.10 **Car Pound Cops**
8.45 **Dirty Home Rescue**
10.45 **Nightmare Tenants, Slum Landlords**
1.50 PM **Nightmare Tenants, Slum Landlords**
3.50 FILM **Fool's Gold** Romantic comedy starring Kate Hudson. (2008, 12, 107min) ★
6.05 FILM **Contact** Sci-fi drama starring Jodie Foster and Matthew McConaughey. (1997, PG, 149min) ★★★
9.00 FILM **Battleship** Action adventure starring Taylor Kitsch, Rihanna and Alexander Skarsgård. (2012, 12, 126min) ★★★
11.45 FILM **RoboCop** Sci-fi thriller remake starring Joel Kinnaman. (2014, 12, 113min) ★★★
2.00 AM **Skin A&E**
3.45 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops: Give Me My Car Back!**
9.45 **Outback Truckers**
10.45 **Police Interceptors**
1.50 PM FILM **Cast a Giant Shadow** Biopic of 1948 Arab-Israeli war hero 'Mickey' Marcus. (1966, PG, 141min) ★★
4.35 FILM **They Who Dare** World War Two drama. (1953, U, 107min) ★★
6.50 FILM **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
9.00 FILM **Fire Down Below** Crime action thriller starring Steven Seagal. (1997, 18, 101min) ★
11.10 FILM **Big Trouble in Little China** Fantasy with Kurt Russell. (1986, 15, 100min) ★★★
1.15 AM **Police Interceptors**
2.20 **Trucking Heavy**
3.20 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.00 **Outnumbered** Six episodes, including at: **6.20** Ben is determined to enter a school talent competition. **7.00** Sue has to make a decision about Jake's girlfriend. **7.40** Ben auditions for the school musical. **8.20** Ben becomes fascinated by the world of psychology.
9.00 **Gavin & Stacey** The Shipmans drive to Wales for a wedding fayre. **9.40** Gavin embarks on two stag nights. **10.20** The day of the wedding arrives.
11.00 **Chewing Gum**
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.00 AM **Pie in the Sky**
1.50 PM **Kingdom**
2.50 **Bergerac**
5.00 **The Brokenwood Mysteries** *Dead Men Don't Shoot Ducks:* 3/4. Mike and the team investigate a death on the first day of duck-hunting season. **7.00** *Dead and Buried:* 4/4. The team are reacquainted with some familiar faces. (S6)
9.00 **The Diplomat** 6/6. Laura puts herself in danger, while an influencer's stalker follows her to Barcelona, with horrifying consequences. (S1)
10.00 **Inspector Alleyn Mysteries** *Scales of Justice:* A World War One veteran is murdered.
12.05 AM **The Heart Guy**
1.05 **Case Histories**
2.25 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60

SATURDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Celebrity Yorkshire Auction House**
11.00 **The Yorkshire Auction House** Double bill.
1.00 PM **Antiques Road Trip**
6.00 **Alex Polizzi: The Fixer** Alex helps the owners of a struggling tea room. **7.30** A visit to a struggling indoor soft play centre in Hertfordshire.
9.00 **The Repair Shop** Items include a whistling wooden statue. **10.00** The team restore a scientist's meticulous notebook. **11.00** The restorers work on a ride-on toy plane.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge
145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes Christmas Special** The Dingles of *Emmerdale* take on *Hollyoaks*' McQueens.
11.40 **All Star Family Fortunes**
1.00 PM **Cash Trapped**
3.00 **The Celebrity Chase** Martin Roberts, Tracy Edwards, Debbie McGee and Duncan James compete for charity. **4.00** With Faye Tozer, Jamie Theakston, Ben Cohen and Sara Pascoe. **5.00** Carrie Grant, Naomi Wilkinson and Dave Johns Christian O'Connell, take part.
6.00 **The Chase** Triple bill.
9.00 **The Family Chase**
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.00 AM **The Celebrity Chase**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42

8.00 AM **Wild West...**
9.00 **FILM The Last Blitzkrieg** Drama. (1959, b/w, 12, 84min) ★★
10.55 **FILM The Quick and the Dead** War drama. (1963, 12, 92min) ★★
1.00 PM **Wanted: Dead or Alive** Double bill.
2.00 **FILM Mackenna's Gold** Western adventure. (1968, 15, 136min) ★★★
4.40 **Wanted: Dead or Alive**
5.10 **FILM Face of a Fugitive** Western. (1958, U) ★★
7.00 **FILM In Old California** Western drama. (1942, b/w, PG, 88min) ★★
9.00 **FILM Babylon A.D** Sci-fi thriller. (2008, 12, 100min) ★★★
10.55 **FILM Eliminators** Thriller. (2016, 15, 94min) ★★
1.05 AM **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM True Justice** Thriller. (2023, PG) ★★
10.50 **FILM Lost Letter Mysteries: Reconcilable Differences** Drama. (2014, 12, 87min) ★★
12.45 PM **FILM Lost Letter Mysteries: Freedom to Give** (2014, PG) ★★
2.40 **FILM Lost Letter Mysteries: Family Reunited** Crime drama. (2014, PG, 85min) ★★
4.35 **FILM Phenomenon** Fantasy. (1996, PG) ★★
7.10 **FILM Surrogates** Sci-fi thriller. (2009, 12, 88min) ★★★★
9.00 **FILM Shooter** Thriller. (2007, 15) ★★★★
11.30 **FILM Triple 9** Thriller. (2016, 15, 113min) ★★★
1.55 AM **FILM Lost Letter Mysteries: From the Heart** (2016, PG) ★★
4.00 **to 6.00** AM **FILM Wandering Eye** Thriller. (2011, PG, 90min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM BFF Bride** Drama. (2019, PG) ★★
10.05 **FILM Royally Ever After** Romantic comedy. (2018, PG, 85min) ★★
12.00 NOON **FILM Love on Repeat** Comedy. (2019, PG, 81min) ★★
1.50 PM **FILM A Wish Come True** Romantic drama. (2015, PG, 85min) ★★
3.40 **FILM Lucky in Love** Drama. (2014, 12) ★★
5.35 **FILM Love Strikes Twice** Time-travel fantasy. (2021, PG, 84min) ★★
7.30 **FILM The Birthday Wish** Romantic drama. (2017, PG, 84min) ★★
9.25 **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
11.20 **FILM Love Knots** Comedy. (2021, PG) ★★
1.30 AM **Highway to Heaven**
2.50 **to 5.00** AM **FILM The Seven Year Hitch** Comedy. (2012, PG) ★★
+1hour 320 63

Rewind TV
182 95

6.10 AM **Flash Gordon's Trip to Mars** 7&8/15. (S1)
7.00 **Huckleberry Finn and His Friends** 1-5/26. (S1)
9.30 **Bewitched** (S1)
10.30 **Fantasy Island** (S1)
1.30 PM **Dick Turpin** (S2&3)
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **Bewitched** (S1)
7.00 **Mitch** 5/10. (S1)
8.00 **Bust** 1/6. (S1)
9.20 **The Mrs Merton Show** Featuring guests Ned Sherrin and Nick Owen.
9.55 **Married... with Children** 6/13. Al can't afford an anniversary present for Peggy. **10.25** 7/13. Al and Peggy take a romantic break from the kids. (S1)
10.55 **Police Woman** (S1)
11.55 **Monkey** 24/26. (S1)
12.55 AM **Fantasy Island**
2.55 **Mitch** 5/10. (S1)
3.55 **The Mrs Merton Show**
4.30 **Monkey** 24/26. (S1)
5.30 **to 6.00** AM **Hancock**

DMAX
159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Mysteries of the Deep** Explores the strange disappearance of an Indonesian submarine. **8.00** A 140-year-old wreck that has been perfectly preserved.
9.00 **My Feet Are Killing Me** Dr Ebonie helps a teen who has webbed toes. **10.00** The doctors help a man with a mystery growth on his foot.
11.00 **My Parasitic Twin: Body Bizarre** A baby with his dead twin's body parts attached to his chest.
12.00 M'T **My Baby's Face Tumour: Body Bizarre**
1.00 AM **World's Tiniest Brothers: Body Bizarre**
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **The Pioneer Woman**
11.00 **James Martin's Islands to Highlands**
3.00 PM **Paul Hollywood: City Bakes** Ten editions.
8.00 **Adam Richman Eats Football** From Brighton.
8.30 **Adam Richman Eats Britain** Adam samples the famous Eton Mess.
9.00 **Man v Food** A giant pancake challenge. **9.30** The Firebrand Chili Challenge. **10.00** A burger featuring two frisbee-sized meat patties. **10.30** Flame-grilled beef in Baltimore. **11.00** A 30 inch-tall burger in Michigan. **11.30** A super-sized burrito in San Francisco. **12.00** M'T Adam visits three baseball stadiums. **12.30** AM A fiery pulled pork sandwich.
1.00 **to 3.00** AM **Cake Boss**
+1hour 240/241 154

Legend
148 149 41 137

7.00 AM **The Twilight Zone**
8.00 **FILM Tremors 3: Back to Perfection** Monster movie sequel. (2001, PG, 100min) ★★★
10.00 **T.J. Hooker** (S2)
3.00 PM **FILM The Mummy** Hammer horror. (1959, PG, 88min) ★★★
4.45 **FILM Frankenstein Created Woman** Horror starring Peter Cushing. (1966, 15, 95min) ★★★
6.35 **FILM Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
9.00 **FILM Looper** Thriller with Bruce Willis. (2012, 15, 119min) ★★★★
11.20 **FILM Momentum** Action thriller starring Olga Kurylenko. (2015, 15, 96min) ★★★
1.15 AM **FILM Mojave** Thriller. (2015, 15, 91min) ★★★
3.05 **to 4.50** AM **FILM Smokey and the Bandit III** Comedy sequel. (1983, 15, 80min) ★★

Legend Xtra
317 171 69 138

6.00 AM **FILM The 7 Adventures of Sinbad** Fantasy adventure. (2010, PG, 90min) ★★
8.00 **The Gambler III: The Legend Continues** 1&2/2. Western drama.
12.00 NOON **FILM Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
2.00 PM **FILM George and the Dragon** Fantasy with James Purefoy and Patrick Swayze. (2004, PG, 93min) ★★★
4.00 **Andromeda** (S5)
9.00 **FILM Rules of Engagement** Military courtroom thriller with Tommy Lee Jones and Samuel L Jackson. (2000, 15, 128min) ★★
11.30 **FILM Standoff** Thriller starring Thomas Jane. (2015, 15, 92min) ★★★
1.15 **to 3.00** AM **FILM Prey** Horror adventure. (2018, 15, 85min) ★★★
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Container Wars**
8.00 **Swamp People: Serpent Invasion**
9.00 **Wicked Tuna**
10.00 **Blown Away**
11.00 **A Cut Above**
12.00 NOON **Strange Evidence**
1.00 PM **Breaking Mysterious**
2.00 **Ancient Aliens**
8.00 **Alien Corridors**
9.00 **Conspiracy Files: Unsealed** Experts question whether the government is controlling what people think. **9.30** Whether a group of powerbrokers are trying to rule the planet.
10.00 **Hardcore Pawn** Les halts Seth's outlandish plan to boost business. **10.30** The Golds gear up to shoot a new commercial for the store.
11.00 **Storage Hunters**
1.00 AM **Container Wars**
2.00 **Battle of Alcatraz**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT
153 138 46 133

9.00 AM **Secrets of the Royal Palaces**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **The Pacific War in Colour** America advance towards Japan in 1943. **6.00** Footage of the invasion of Saipan.
7.00 **Nazi Megastructures** Uncovering a secret headquarters made of concrete and steel. **8.00** Uncovering what is left of Hitler's sea-faring structures.
9.00 **The Blitz: Britain on Fire** 1/3. Michael Buerk, Rob Bell and Angellica Bell tell the story of the Blitz. **10.00** 2/3. Tales of young mothers searching for their babies in a maternity ward. **11.00** 3/3. The importance of morale during and after the Blitz.
12.00 M'T **Great British Ships**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **A Place in the Sun**
11.00 **My Lottery Dream Home** Eight editions.
1.00 PM **My Lottery Dream Home** A family of six saving for their first home who won $100,000. **1.30** David Bromstad helps a retiring couple find their dream home. **2.00** David helps an engaged couple find a new home. **2.30** David helps a man find a move-in ready home in the Sioux Falls tri-state area.
3.00 **Escape to the Country**
7.00 **Escape to the Country** Six editions of the series in which city-dwelling families and couples set out to find their ideal rural retreats with the help of a property expert.
1.00 AM **100 Day Dream Home** Property series.
2.00 **to 4.00** AM **Home Town**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **1000-lb Best Friends**
8.00 **My Big Fat Fabulous Life**
9.00 **I Love a Mama's Boy Watch with Mom Special** Reality series.
10.00 **7 Little Johnstons**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Strange Love**
1.30 **The Bearded Lady: Strange Love**
2.00 **7 Little Johnstons**
3.00 **Sex Sent Me to the ER**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Curvy Brides Boutique**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Friends** (S5)
4.00 PM **FILM Brewster's Millions** Comedy with Richard Pryor. (1985, PG, 97min) ★★★
6.05 **Friends** 21-24/24. (S5)
8.00 **Mr Bean** The buffoon performs first aid and jets off on holiday. **8.30** The bungling buffoon gives his hotel room a makeover.
9.00 **Dara O Briain: Craic Dealer** Stand-up show.
10.00 **FILM Studio 666** Horror comedy starring The Foo Fighters. (2022, 18, 106min) ★
12.15 AM **FILM Piranha 3D** Horror thriller remake starring Elisabeth Shue. (2010, 18, 88min) ★★
1.55 **Mike Judge's Beavis and Butt-Head**
3.45 **Whose Line Is It Anyway? USA**
4.10 **The Pep Talk**
4.15 **to 5.00** AM **Guessable?**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Becker** (S4)
1.00 PM **Impractical Jokers**
4.00 **Friends** 19-22/24. (S5)
6.00 **Impractical Jokers**
7.00 **Whose Line Is It Anyway? USA**
9.00 **Friends** 23/24. The gang visit Las Vegas. **9.30** 24/24. Rachel makes Ross regret playing a prank. (S5) **10.00** 1/25. Joey and Phoebe go on a cross-country adventure. **10.30** 2/25. Phoebe pleads with Ross. (S6)
11.00 **Friends** 3-8/25. (S6)
2.00 AM **New Girl** (S1&2)
3.00 **Kristen Schaal Live at the Fillmore** Stand-up.
3.45 **Paul F Tompkins: Labouring Under Delusions** Stand-up.
4.30 **Al Murray: My Gaff, My Rules** Stand-up show.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **The Real A&E**
9.00 **Four Weddings**
11.00 **Bondi Rescue**
2.00 PM **MacGyver** (S1)
7.00 **New Amsterdam** *Tbd:* 1/13. Max deals with the fallout from Helen's decision. **8.00** *Hook, Line And Sinker:* 2/13. Max tests a cost-saving programme. **9.00** *Big Day:* 3/13. The team deal with the injuries from an explosion at a wedding. **10.00** *Heal Thyself:* 4/13. Max mandates a personal health day. **11.00** *Grabby Hands:* 5/13. A nurse becomes the subject of a malpractice probe. (S5)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
3.00 **to 6.00** AM **Four Weddings**

MTV
126/127 824 134

6.00 AM **Daria** 5/13. (S4)
6.25 **16 and Pregnant**
7.10 **Catfish UK**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Seven editions of the series, including at: **7.00** Nev and Max help a woman track down her internet celebrity crush.
8.00 **Catfish: Repeat Offenders** Tracii hopes Nev and Kamie can help her find Ace.
9.00 **Badass Brides**
10.00 **FILM Chappie** Sci-fi thriller with Dev Patel. (2015, 15, 8120min) ★★
12.00 M'T **NEW SERIES Geordie Shore** The Geordie lads hit Ko Samui for Kyle's stag do.
1.00 AM **Me & My Sugar Daddy** Documentary.
2.00 **Catfish: The TV Show**
2.50 **Catfish: Repeat Offenders** Reality series.
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **Gold Rush** Four editions, including at: **2.00** PM Parker puts it all on the line when he buys Dominion Creek. **3.00** The Klondike's gold miners battle nature's wrath.
4.00 **Gold Divers** 1/2. Shawn has a plan to become the leading miner in Nome. **5.00** 2/2. Vernon's new crew go for a test dive.
6.00 **Gold Rush** Tensions escalate when two crew members get into a fight on Kevin's claim.

4.00 Gold Divers

7.00 **Gold Rush** Rick runs the last of Rally Valley's pay dirt, and Parker's crew races to rescue a rock truck in danger.
8.00 **The Last Woodsmen** Jared Douglas and his crew harvest some of the most valuable trees on the planet.
9.00 **Sin City Tow** Elmer has a blowout with his boss, Pineapple rips into a new driver, and Nick deals with a raging customer.
10.00 **Mystery at Blind Frog Ranch** Duane asks treasure hunter Josh Feldman to join their search for the Aztec gold.
11.00 **Lost Monster Files** The team conduct their most ambitious hunt yet.
12.00 M'T **Mega Shippers**
1.00 AM **Border Control: Europe**
2.00 **Sin City Tow**
3.00 **Moonshiners**
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Into the Shark Bite**
3.00 **Return to the Isle of Jaws**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Tigger the cat is monitored for unusual eating habits.
6.00 **Extinct or Alive** Forrest Galante is in Indonesia looking for the Dracula monkey.

8.00 Swimming with Monsters

7.00 **How Do Animals Do That?** The birds that can fly as high as a jet. **7.30** How homing pigeons find their way home.
8.00 **Swimming with Monsters with Steve Backshall** Steve hopes to encounter a great white shark in Mexico.
9.00 **Rugged Justice** The WDFW police officers ensure the safety of orca whales and a mother hen and her ducklings.
10.00 **Alaska: The Last Frontier** Tempers flare as Otto, Eivin and Levi move an old workshop cabin to Otto's property.
11.00 **Insane Pools: Off the Deep End** Building a Rocky Mountain-style lagoon.
12.00 M'T **Monsters Inside Me** A Christmas baby is infected.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
11.00 **Colossal Machines**
12.00 NOON **Airport Security: Rome** Triple bill of editions.
3.00 PM **Car S.O.S** Tim Shaw and Fuzz Townshend work on a Rolls-Royce Doctors Coupe. **4.00** Tim and Fuzz take on a 1980 Jaguar XJ-S V12. **5.00** Tim and Fuzz head to Stockport to restore a 1994 Vauxhall Cavalier Turbo.
6.00 **Disaster Autopsy** Analysis of the Kings Cross subway fire.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** The story of the 1978 accident over San Diego, in which a PSA flight crashed into a Cessna.
8.00 **Air Crash Investigation** How a pilot saved the day when he lost all the engines of the aircraft after flying through a storm.
9.00 **Air Crash Investigation** A terrorist group claim responsibility when a plane crashes 20 minutes after taking off in Egypt.
10.00 **World's Most Dangerous Drug: Super Meth** Lisa Ling investigates a new and more potent form of crystal meth.
11.00 **To Catch a Smuggler**
12.00 M'T **Russia's Toughest Prisons** Documentary.
1.00 AM **Border Protection Spain**
2.00 **Lords of War** Double bill.
2.55 **Food Factory**
3.45 **Made in a Day**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Dirty Old Cars**
7.00 **Storage Wars** Four editions.
9.00 **The Curse of Oak Island**
11.00 **Pawn Stars** Double bill.
1.00 PM **Life After People** Four editions, including at: **3.00** A look at what would happen if humans vanished. **4.00** What might happen to metal objects without humans.
5.00 **Rust Valley Restorers** Mike finds himself juggling multiple responsibilities.
6.00 **Dictators' Hideouts** Albanian dictator Enver Hoxha.

9.00 Secrets of the Hells Angels

7.00 **Great Escapes with Morgan Freeman** The story of El Chapo, whose prison escapes became the stuff of legend.
8.00 **Great Escapes with Morgan Freeman** How six men, led by Nuno Pontes, escaped Pittsburgh State Penitentiary.
9.00 **Secrets of the Hells Angels** The murder of Margo Compton and her six-year-old daughters.
10.00 **Secrets of the Hells Angels** The experiences of Charles Goldsmith, a kickboxing heavyweight who joined the Angels.
11.00 **Forged in Fire** A crucial error sends one bladesmith home. **12.00** M'T The recreation of a famous battle sword.
1.00 AM **Pawn Stars**
3.00 **Great Escapes with Morgan Freeman** Double bill.
5.00 **to 6.00** AM **Rust Valley Restorers**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Nazi Hunters**
11.00 **Bangers & Cash**
2.00 PM **Robson Green's Weekend Escapes**
4.00 **Trawlermen: Hunting the Catch** The crew of *Golden Promise* face Force 6 winds in their search for scallops off the coast of Wales. **5.00** The crew of *Karen of Ladram* hunt hake off the coast of Cornwall.
6.00 **Train Truckers** In Shropshire, a Great Western Railway 'Modified Hall' steam engine needs a safety inspection.

9.00 The Americas

7.00 **Train Truckers** A cherished wartime iron workhorse needs to be hauled 160 miles from the Churnet Valley Railway.
8.00 **The Lakes with Simon Reeve** The adventurer explores the wild and rugged coast of Cumbria.
9.00 **The Americas with Simon Reeve** The host travels the length of North and South America, beginning in Alaska.
10.00 **'Allo 'Allo!** Rene sends a message to London. **10.40** Rene learns that the Gestapo are plotting to disguise themselves.
11.20 **'Allo 'Allo!** Von Klinkerhoffen orders Helga to marry Herr Flick so she can keep an eye on his activities.
12.00 M'T **Bangers & Cash** Dave collects a 1965 Land Rover from a stately home.
1.00 **to 3.00** AM **Trawlermen: Hunting the Catch**

+1hour 255 329

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Supertruckers**
8.00 **Wheeler Dealers**
2.00 PM **Find It, Fix It, Drive It** Double bill.
4.00 **Shed and Buried**
6.00 **Salvage Hunters** Drew Pritchard unearths some Indian and Afghan treasures. **7.00** Drew finds a pile of affordable gems. **8.00** Drew finds a wealth of unusual oddities in a Devon pub.
9.00 **Massive Engineering Mistakes** New edition In Connecticut, tragedy strikes a construction site.
10.00 **Helicopter ER** The Yorkshire Air Ambulance rushes to assist a walker.
11.00 **Valley of the Kings: The Lost Tombs** Experts dig for major discoveries.
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Mean Girl Murders**
5.00 **Death by Fame** Four editions, including at: **7.00** Shedding light on Jam Master Jay's murder. **8.00** Tara Correa-McMullen was only 15 when she rose to fame.
9.00 **NEW SERIES Before They Kill Again** Police realise they are hunting the most prolific arsonist in US history.
10.00 **American Detective: The Man with No Face**
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** Susan Casey.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **A Stranger in My Home**
7.00 **Killers: Caught on Camera** In America, police look for a missing woman and her money. **8.00** Surveillance footage captures last movements of a missing woman.
9.00 **Donal MacIntyre's Released to Kill** Police arrive at a murder scene where the killer is stood in front of them. **10.00** The case of Leroy Campbell, who was released from jail and two weeks later murdered a nurse.
11.00 **Real Detective: North of the Border**
12.00 M'T **Killers: Caught on Camera** Double bill.
2.00 AM **Injustice with Nancy Grace**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Donal MacIntyre's Murder Files**
2.00 PM **Medical Detectives** Tracking an elusive killer. **2.30** Investigators believe a sinister blood trail will lead them to a missing woman. **3.00** The truth behind a bathtub drowning. **3.30** A young girl's parents are charged with her murder. **4.00** Investigators use geographical profiling to close in on a serial rapist. **4.30** Police use laser technology to detect the origin of a letter.
5.00 **The Day I Should Have Died** Exploring the case of Amanda Wright.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Caught on Dashcam**
7.00 **Highway Patrol**
9.00 **Brit Cops UK**
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers** Double bill.
1.00 PM **The Killer Within**
2.00 **Ireland's Most Evil Killers** Joe O'Reilly.
3.00 **Murder Uncut**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers** Harold Shipman.
8.00 **Forensics: Catching the Killer** Karen Price.
9.00 **Undercurrent: The Disappearance of Kim Wall** Double bill.
11.35 **The Real Manhunter**
1.15 AM **Love You to Death**
2.00 **Face to Face with Scott Peterson**
3.00 **Caught on Dashcam**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Jungle War**
1.00 PM **Beautiful Serengeti**
1.30 **Lost World of Angkor Wat** Double bill.
3.40 **Jungle War** How the jungles of the Pacific shaped the battles of World War Two. **4.50** The aftershocks of World War Two. **5.55** Ever-evolving jungle warfare tactics. **7.00** Jungle warfare in the Vietnam War.
8.05 **Pearl Harbor: The Heroes Who Fought Back** The events of the attack on Pearl Harbor.
9.10 **Los Angeles: Stories from the City** A look at the transformation of the city of Los Angeles.
11.30 **Beautiful Serengeti**
12.00 M'T **Pearl Harbor: The Heroes Who Fought Back** As 8.05pm.
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Claude Rains**
7.00 **Discovering: Janet Leigh**
8.00 **The Directors**
10.00 **On the Line: The Richard Williams Story** Documentary.
11.45 **Adam Hills: Foot Fault**
1.00 PM **I Am Johnny Cash**
2.45 **My Icon: Denise Lewis**
3.00 **Elvis Presley: The Searcher**
7.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
9.00 **Dart Kings** New edition 2/3. The remarkable story of Jocky Wilson, charting his rise and fall and the lasting impact he made on the sport he loved. ■ Entire series on Box Sets
10.00 **McEnroe** Documentary.
12.00 M'T **Anatomy of Lies**
1.00 AM **The Ringleader: The Case of the Bling Ring**
3.00 **MoviePass, MovieCrash**
4.50 **My Icon: Michael Holding**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
8.00 **Beasts of the Big Blue**
11.00 **How the Wild Things Sleep**
12.00 NOON **Monkey Life**
1.00 PM **Airborne**
2.00 **Boss Shark** Documentary.
3.00 **Valley of Flood and Fire**
6.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** Exploring the evolution of vertebrates. **7.00** How mammals came to dominate the natural world.
8.00 **Attack and Defend** A look at scorpions, dragonflies and other animals that prey on insects. **8.30** A look at creatures that have evolved as hunters.
9.00 **Jaguar Journals** A mother teaches her cub to climb.
10.00 **Secret Life of the Tasmanian Devil** The marsupial native only to the Australian island. **11.00** A look at how Tasmanian Devils look after their young.
12.00 M'T **Attack and Defend**
1.00 AM **Jaguar Journals**
2.00 **Supersenses** Triple bill.
5.00 **to 6.00** AM **Boss Shark**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.50 **History's Greatest Aircraft**
9.50 **Hitler's Secret Bomb**
10.50 **Traitors** George Blake.
12.00 NOON **Ancient Aliens**
2.00 PM **What on Earth?**
4.00 **Looting History**
5.00 **Life After People**
7.00 **Instruments of Death** The development of body armour.
8.00 **Secret Wars Uncovered** The Cambodian Civil War.
9.00 **Hitler's Handmaidens** An examination of a 'Nazi Woman' through a contemporary lens.
10.00 **Footprints of Civilisation** The legacy of earlier civilisations on science and technology.
11.00 **Ancient Aliens** Whether America's founding fathers hid extra-terrestrial secrets. **12.00** M'T Experts investigate human creation. **1.00** AM Experts scrutinise ruins for alien intervention.
2.00 **8 Days That Made Rome**
3.00 **Evidence of the Unexplained**
5.00 **to 6.00** AM **Close Encounters Down Under**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **Murder by Medic**
4.00 **An Hour to Kill** Triple bill.
7.00 **The Real Murders of Los Angeles** The murder of a well-liked Hollywood cameraman untangles a web of lies.
8.00 **Missing Presumed Dead** Focusing on the story of British aid worker Ian Purchase.
9.00 **Faces of Evil** The case of Billy Dunlop, who was jailed for life for the murder of Julie Hogg.
10.00 **Panic 9-1-1** The story of two sisters who hid from intruders in a closet in their home.
11.00 **Cold Case Files: DNA Speaks**
12.00 M'T **Robbie Coltrane's Critical Evidence** Double bill.
2.00 AM **Faces of Evil**
3.00 **Murder by Medic**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Secrets of the Zoo: North Carolina** Double bill.
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Jaws Invasion**
3.00 **Shark Below Zero**
4.00 **Shark Eat Shark**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** A small group of wild dogs seek a safe place to raise their six puppies.
8.00 NEW SERIES **The Incredible Dr Pol** The vet challenges Charles to a charity swim. **9.00** New edition Charles goes on a farm call with Dr Brenda to check on a baby goat with pneumonia.
10.00 **Africa's Deadly Kingdoms** Exploring the reef systems on Africa's southern coastline, which are home to a wide range of marine creatures.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo: Tampa** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Drew Pritchard and Paul Cowland head to Kent to take a look at a glamorous Sunbeam Alpine roadster. **4.00** Drew and Paul leap at the chance to buy a rare pick-up version of a Mini, but the tatty canvas load cover sparks some creative differences. **5.00** Drew and Paul acquire a VW Beetle Karmann Cabriolet.
6.00 **Doing Da Vinci** The team recreate a bladed chariot. **7.00** A multi-cannon gun. **8.00** The experts construct two self-propelled carts.
9.00 **Storm Chasers** Filming tornadoes in Tulia, Texas. **10.00** The team leaders have a difference of opinion. **11.00** The team miss a tornado. **12.00** M'T The most exciting moments from the series.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Bahama Blue**
1.00 PM **Bahama Blue**
6.00 **Bahama Blue** A look at the Sand Flats and the creatures that live there, including iguanas and bottlenose dolphins. **7.00** Exploring the creatures that live in the open water including Oceanic whitetip sharks and sperm whales. **8.00** Examining the interconnected ecosystems and species in the Bahamas. **9.00** Exploring nature in the Bahamas including creatures, plants and biological anomalies. **10.00** Exploring mangroves, which are home to a plethora of different creatures including sea horses and tree crabs. **11.00** The diverse and colourful marine creatures that live among the coral structures and share the reef under the water.
12.00 M'T **Bahama Blue**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **Deadly Secrets**
10.00 **Your Worst Nightmare**
11.00 **True Crime with Aphrodite Jones** The murder of a promising young lawyer.
12.00 NOON **Still a Mystery**
2.00 PM **Swamp Murders**
4.00 **The Murder Tapes**
6.00 **I'd Kill for You** Investigating the murder of Richard Rojas. **7.00** A look into how a couple's divorce turned deadly.
8.00 **Blood Relatives** The demise of the Hawes family of Minnesota.
9.00 **In Pursuit with John Walsh** The team give updates to cases that left families waiting for justice. Plus, tips from viewers lead police to locate several fugitives.
10.00 **Hostage 911** Negotiators try to plead with a man who has taken his wife hostage.
11.00 **Mean Girl Murders**
12.00 M'T **Scorned: Crimes of Passion** Double bill of editions.
2.00 AM **Murder in the Heartland**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Railroad Alaska**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Shed and Buried**
5.00 PM **Kindig Customs**
8.00 **Ant Anstead Master Mechanic** Ant seeks out legendary designer Chip Foose for advice. **8.30** Ant rebuilds the Alfa 158 for its US Grand Prix debut.
9.00 **Mike Brewer's World of Cars** Mike gets some experience with hydraulics and pinstriping. **9.30** Mike is willing to go to great lengths for a cold pint. **10.00** Mike visits NHRA Top Fuel champion Antron Brown. **10.30** Mike visits the home of one of the US's coachbuilders. **11.00** Mike tours Detroit to learn about automotive history. **11.30** A trip to North Carolina. **12.00** M'T Mike meets customiser Aaron Hagar. **12.30** AM Mike meets a family who are experts in mud bogging.
1.00 **Alaska Mega Machines**
2.00 **to 5.00** AM **Texas Metal**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.25 AM **The Convert** Action drama. (2024, 15, 119min) ★★★★
8.35 PREMIERE **Slingshot** (2024)
10.35 **The Fall Guy** As 8.00pm.
12.45 PM **Kung Fu Panda 4** Animation. (2023, PG) ★★★
2.20 **Godzilla x Kong: The New Empire** (2023, 12) ★★★
4.15 **A Quiet Place: Day One** Horror. (2024, 15) ★★★★
6.00 PREMIERE **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★ *See review, page 23.*

6.00 Slingshot

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Get Away** Horror comedy with Nick Frost. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
1.35 AM **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
3.10 **Christmas Eve in Miller's Point** Festive comedy drama. (2024, 12, 106min) ★★★★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.00 AM **A Dog's Purpose** (2017)
7.45 **Annie** As shown at 1.10am.
9.45 **The Flintstones** As 10.00pm.
11.30 **The Flintstones in Viva Rock Vegas** As shown at 11.35pm.
1.15 PM **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
3.05 **Kung Fu Panda 2** Animation. (2011, PG, 90min) ★★★★
4.50 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
6.35 **Over the Hedge** Animation. (2006, U, 83min) ★★★★

6.35 Over the Hedge

8.00 **Wonka** Fantasy adventure starring Timothée Chalamet. A young sweet-maker tries to make his mark, despite the plans of three scheming entrepreneurs. With Hugh Grant, Olivia Colman and Paterson Joseph. (2023, PG, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Flintstones** Comedy based on the cartoon series set in the town of Bedrock, starring John Goodman, Rick Moranis and Elizabeth Perkins. (1994, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Flintstones in Viva Rock Vegas** Comedy prequel. (2000, PG, 91min) ★★
1.10 AM **Annie** Musical remake. (2014, PG, 115min) ★★★
3.10 **A Dog's Purpose** Comedy. (2017, PG, 100min) ★★★
4.55 **The Cinema List: Biopic**
5.25 **to 6.50** AM **Problem Child** Comedy. (1990, PG, 81min) ★

Sky Cinema Drama

310 410 510 524

6.40 AM **Big George Foreman** (2023)
8.55 **Carmen** Musical adaptation. (2022, 15, 116min) ★★★
10.55 **My First Summer** As 3.00am.
12.20 PM **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
2.10 **Save the Last Dance** Romantic drama. (2001, 12, 113min) ★★★
4.10 **Save the Last Dance 2** Romantic dance drama sequel. (2006, 12, 90min) ★★

5.55 **Shakespeare in Love** Romantic comedy starring Joseph Fiennes and Gwyneth Paltrow. (1998, 15, 122min) ★★★★
8.00 **The King's Speech** Drama starring Colin Firth and Geoffrey Rush. An unconventional speech therapist is the future George VI's last hope to cure his crippling stammer. (2010, 12, 118min) ★★★★★
10.10 **The Color Purple** Musical drama starring Taraji P Henson. (2023, 12, 141min) ★★★

12.45 AM **Big George Foreman** Biopic. (2023, 12, 129min) ★★★
3.00 **My First Summer** Drama. (2020, 15, 80min) ★★★
4.25 **Sky Cinema Preview**
5.05 **to 6.55** AM **It Is in Us All** Drama starring Cosmo Jarvis. (2022, 15, 92min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.55 AM **Little Bone Lodge** (2023)
9.40 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
11.35 **Night Swim** As 4.20am.
1.30 PM **The Lawnmower Man**
4.00 **The Nun II** Horror sequel with Taissa Farmiga and Storm Reid. (2023, 15, 110min) ★★
6.00 **War of the Worlds** Sci-fi adventure starring Tom Cruise. (2005, 12, 116min) ★★★★

8.00 **Ghostbusters** Supernatural comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
9.55 **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan as a scientist who uses a mentally-impaired gardener as a guinea pig in his virtual reality experiments. With Jeff Fahey. (1992, 15, 105min) ★★★

12.20 AM **Next Exit** Sci-fi comedy. (2022, 15, 106min) ★★★
2.10 **Little Bone Lodge** Horror. (2023, 15, 93min) ★★★
4.00 **The Cinema List: Spectacular Sci-Fi**
4.20 **to 6.05** AM **Night Swim** Horror. (2024, 15, 98min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

6.55 AM **Paulie** Family comedy. (1998, U, 92min) ★★★
8.40 **The Secret Kingdom** (2023)
10.30 **The Addams Family** Comedy. (1991, PG, 95min) ★★★★
12.20 PM **Goosebumps 2: Haunted Halloween** Comedy sequel. (2018, PG, 86min) ★★
2.00 **Pan** Adventure prequel to *Peter Pan,* starring Levi Miller. (2015, PG, 111min) ★★★
4.00 **The Hobbit: An Unexpected Journey** As 11.45pm.

4.00 The Hobbit

6.55 Lord of the Rings: The Fellowship of the Ring Fantasy with Elijah Wood. In the realm of Middle Earth, a young hobbit sets off on a quest to destroy a magical ring before it can fall into the hands of the powers of chaos. (2001, PG, 178min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The NeverEnding Story Fantasy adventure about a brave young warrior on a quest to save the empire of Fantasia, starring Barret Oliver and Gerald McRaney. (1984, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★
2.40 AM **The Secret Kingdom** Fantasy with Sam Everingham. (2023, PG, 98min) ★
4.25 **to 6.05** AM **The Canterville Ghost** Animated adventure. (2023, PG, 89min) ★★

Sky Cinema Stunts
307 407 507 521

7.00 AM **The Cinema List: Bourne**
7.20 **Hero** Chinese adventure. (2002, 12, 99min) ★★★★
9.05 **The Mask of Zorro** Adventure. (1998, PG, 137min) ★★★★
11.25 **Fast & Furious 5** Adventure. (2011, 12, 130min) ★★★
1.40 PM **Mission: Impossible** Thriller. (1996, PG, 110min) ★★★
3.40 **Mission: Impossible II** Thriller sequel. (2000, 15) ★★★
5.50 **Mission: Impossible III** Thriller sequel. (2005, 12) ★★★★

10.45 John Wick

8.00 Mission: Impossible – Dead Reckoning Part One Action thriller sequel starring Tom Cruise. The IMF team race to acquire two halves of an interlocking key that can regain control of a lethal artificial intelligence. With Hayley Atwell and Simon Pegg. (2023, 12, 163min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 John Wick Action thriller starring Keanu Reeves and Willem Dafoe. (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★
2.55 **Days of Thunder** High-speed drama starring Tom Cruise. (1990, 15, 107min) ★★★
4.50 **to 6.25** AM **Sisu** Action thriller with Jorma Tommila. (2022, 15, 88min) ★★★

Sky Cinema Comedy
308 408 508 522

7.10 AM **Seven Psychopaths** Dark comedy. (2012, 15) ★★★★
9.05 **The Sting** Comedy drama. (1973, PG, 129min) ★★★★★
11.20 **The Machine** (2023, 15)
1.15 PM **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
2.45 **Ace Ventura: When Nature Calls** Comedy. (1995, PG) ★★
4.25 **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★
6.05 **Gremlins** Horror comedy. (1984, 12, 106min) ★★★★

6.05 Gremlins

8.00 Anyone But You Romantic comedy with Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Boomerang Romantic comedy starring Eddie Murphy as a womanising ad man who gets his comeuppance when his new female boss spurns his advances. With Robin Givens and Halle Berry. (1992, 15, 117min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Earth Girls Are Easy** Musical comedy starring Geena Davis. (1988, PG, 100min) ★★★
1.30 AM **Snack Shack** Comedy starring Conor Sherry. (2023, 15, 107min) ★★★
3.25 **Gremlins** As 6.05pm.
5.15 **to 6.50** AM **Happy Gilmore** Comedy with Adam Sandler. (1996, 12, 92min) ★★★

Sky Cinema Thriller
309 409 509 523

6.00 AM **Mona Lisa and the Blood Moon** (2021, 15) ★★★★
8.00 **Barber** Mystery drama. (2023, 15, 90min) ★★★
9.45 **Hypnotic** As 2.20am.
11.35 **Escape from Alcatraz** Drama. (1979, 15, 112min) ★★★★
1.35 PM **Hanna** Action thriller. (2011, 12, 106min) ★★★★
3.30 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
5.30 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★

5.30 The Da Vinci Code

8.00 Angels & Demons Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Inferno Thriller starring Tom Hanks and Felicity Jones. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions of people. (2016, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Wanted** Fantasy thriller. (2008, 18, 105min) ★★★
2.20 **Hypnotic** Action thriller. (2023, 15, 93min) ★★★
4.05 **to 6.00** AM **Along Came a Spider** Psychological thriller. (2001, 15, 103min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **It Came from Beneath the Sea** Sci-fi thriller. (1954, b/w, U, 80min) ★★
12.40 PM **Enemy Mine** Sci-fi drama. (1985, 15, 108min) ★★★
2.50 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
4.45 **My Best Friend's Wedding** Comedy. (1997, 12) ★★★★
6.50 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★

9.00 Oblivion

Flight of the Phoenix (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 Oblivion Sci-fi adventure starring Tom Cruise, Olga Kurylenko and Andrea Riseborough. A solitary drone repairman on a post-apocalyptic future Earth discovers that his world isn't what it seems. With Morgan Freeman. (2013, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.25 **Underwater** Sci-fi thriller with Kristen Stewart. Miles beneath the surface of the Pacific Ocean, a crew fight for survival after a tremor wrecks their base. (2019, 15, 99min) ★★★
1.15 **to 3.45** AM **Slumdog Millionaire** Director Danny Boyle's vibrant romantic drama starring Dev Patel. (2008, 15, 120min) ★★★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Icons
302 402 502 516

7.20 AM **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
9.25 **Gorillas in the Mist** Drama. (1988, 12, 124min) ★★★★
11.35 **Sleepless in Seattle** Romantic comedy starring Tom Hanks. (1993, PG, 105min) ★★★★★
1.25 PM **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
3.15 **Hook** Steven Spielberg's fantasy. (1991, U, 140min) ★★★

5.40 **A Star Is Born** Drama, starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
8.00 **Mamma Mia!** Musical starring Meryl Streep, Pierce Brosnan, Colin Firth and Stellan Skarsgård. (2008, PG, 108min) ★★★★
10.00 **The Men Who Stare at Goats** Offbeat comedy starring George Clooney and Ewan McGregor. (2009, 15, 89min) ★★★

11.40 **Rosemary's Baby** Roman Polanski's chiller with Mia Farrow. (1968, 18, 137min) ★★★★★
2.00 AM **Sleepers** Fact-based drama starring Kevin Bacon and Jason Patric. (1996, 18, 146min) ★★★
4.30 **to 6.05** AM **Airplane!** Spoof. (1980, 12, 86min) ★★★★★

Sky Cinema Greats
304 404 504 518

6.35 AM **...And Justice for All** (1979)
8.40 **The Sum of All Fears** (2002)
10.50 **8 Mile** Drama starring Eminem. (2002, 15, 112min) ★★★
12.55 PM **Bad Boys II** Action comedy sequel. (2003, 15, 147min) ★★★
3.25 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
5.35 **Forrest Gump** Oscar-winning whimsical fable with Tom Hanks. (1994, 12, 136min) ★★★★

8.00 **Catch Me If You Can** Steven Spielberg's fact-based adventure starring Leonardo DiCaprio and Tom Hanks. In the 1960s, a runaway teenager enjoys a remarkable crime spree. (2002, 12, 141min) ★★★★★
10.25 **Philadelphia** Oscar-winning drama starring Tom Hanks and Denzel Washington. A gay lawyer takes his firm to court when he is sacked after his colleagues discover he has Aids. (1993, 12, 122min) ★★★★

12.35 AM **The Sum of All Fears** Action thriller starring Ben Affleck and Morgan Freeman. (2002, 12, 119min) ★★★★
2.40 **In the Line of Fire** As 3.25pm.
4.50 **to 6.50** AM **...And Justice for All** Black comedy starring Al Pacino. (1979, 15, 119min) ★★★

Sky Cinema Animation
305 412 500 514

7.30 AM **Monster Family 2** Animated family comedy sequel. (2021, U, 90min) ★
9.20 **Ruby Gillman, Teenage Kraken**
11.00 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
12.40 PM **Maya the Bee** As 10.20pm.
2.15 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
4.00 **Gnomeo & Juliet** Animated comedy. (2011, U, 83min) ★★★

5.35 **Ruby Gillman, Teenage Kraken** Animated fantasy. (2023, PG, 93min) ★★★
7.15 **Rugrats in Paris** Animated family adventure featuring the voice of Christine Cavanaugh. (2000, U, 79min) ★★★
8.45 **Mummies** Animated family comedy with the voice of Joe Thomas. (2023, U, 88min) ★★★
10.20 **Maya the Bee** Animated adventure with the voices of Coco Jack Gillies and Kodi Smit-McPhee. (2014, U, 86min) ★★

11.55 **Rugrats Go Wild** Animated family comedy adventure. (2003, U, 81min) ★★★
1.25 AM **Gnomeo & Juliet** (2011)
3.00 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
4.40 **to 6.10** AM **Rugrats in Paris**

Movies 24
312 419

7.00 AM **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
9.00 **The Professional Bridesmaid** Drama. (2023, PG, 90min) ★★
11.00 **A Scottish Love Scheme** Drama. (2024, PG, 84min) ★★
1.00 PM **Aurora Teagarden Mysteries: Haunted by Murder** Drama. (2022, PG, 84min) ★★
3.00 **Groundswell** Romantic comedy. (2022, PG, 84min) ★★

5.00 **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
7.00 **Rip in Time** Romantic fantasy with Torrey DeVitto. An organic farmer falls for a man who claims to have travelled through time. (2022, PG, 84min) ★★
9.00 **Love on Retreat** Drama with Ansley Gordon. A workaholic beauty brand employee falls for her boss's brother in Miami. (2023, PG, 85min) ★★
11.00 **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★

1.00 AM **Love, Classified** Romantic drama starring Melora Hardin. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **The Blessing Bracelet** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Once In a New Moon** Sci-fi drama. (1935, b/w, U, 79min) ★★
7.15 **What's On TPTV with Noel**
7.25 **Blue Pullman** Documentary.
7.55 **Black Saddle** 9/24. (S2)
8.25 **Stingray** 5/39. (S1)
9.00 **Batman** 33/34. (S1)
9.30 **Space Patrol** 31/39. (S1)
10.00 **Caught in the Net** (1960) ★★
11.10 **The Adventures of Robin Hood**
11.40 **Undersea Kingdom** 7/12. (S1)

12.00 NOON **One Step Beyond** (S2)
12.35 PM **The Flying Saucer** Drama. (1950, b/w, PG, 69min) ★★
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5** 8/39. (S1)
3.00 **Captain Scarlet and the Mysterons** 1/32. (S1)
3.35 **Look at Life** Documentary.
3.50 **The Four Feathers** (1978, U) ★★
5.50 **Scotland Yard** 21/39. (S1)
6.25 **Beau Geste** 8/8. (S1)
7.00 **Z Cars** 18/31. (S10)
8.00 **Travelling Man** 2/7. (S2)
9.05 **The Claim** (2000, 15) ★★

11.25 **The File of the Golden Goose** Thriller. (1969, PG, 102min) ★★
1.30 AM **The Assassination Bureau** Thriller. (1968, PG, 110min) ★★★
3.40 **Too Young to Love** Drama. (1960, b/w, 12, 84min) ★★
5.20 **Look at Life** Documentary.
5.30 **to 6.00** AM **Law & Mr Jones**

Saturday

Sky Sports Main Event

401 511 501 419 439

6.00 AM LIVE **DP World Tour Golf Continental Europe v Great Britain & Ireland.** Coverage of the second day of the Team Cup, a three-day match play contest staged at Abu Dhabi Golf Resort in United Arab Emirates.
12.00 NOON LIVE **SPFL Ross County v Celtic.** The Scottish Premiership match from Global Energy Stadium. Celtic are favourites to win yet another title and they have won the last 13 matches between the sides. Kick-off is at **12.30pm**.
3.00 PM LIVE **SA20 Joburg Super Kings v MI Cape Town.** Coverage of the T20 match staged at Wanderers Stadium.
7.30 LIVE **Fight Night Callum Simpson v Steed Woodall.** Coverage of the British and Commonwealth super-middleweight title bout at Park Community Arena in Sheffield.
11.00 LIVE **NFL** Coverage of the opening Wild Card play-off, as the teams compete for a place in the Divisional play-offs.
1.00 AM LIVE **NFL** Coverage of the second Wild Card play-off.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **Soccer Saturday Pre-Match**
12.00 NOON **Gillette Soccer Saturday** Match previews.
3.00 PM **Gillette Soccer Saturday: Reaction** Post-match reaction.
5.00 **Soccer Saturday Pre-Match**
6.00 **The Big Interview** A Premier League star of the past or present.
6.30 **Premier League Stories** Behind the scenes of the Premier League.
7.00 **Unpacked** Double bill.
7.30 **My Origin Story: Unai Emery**
7.45 **My Origin Story: Matthijs De Ligt** A look at the rise of the Manchester United defender.
8.00 **Chasing the Dream**
9.00 **Newcastle – The Entertainers**
9.30 **We're Not Really Here: Man City** A look back at Manchester City's season in the third tier.
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Manchester United v Tottenham Hotspur in 1998/99.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Henrik Larsson: 20 Years On**
9.00 **EFL Greatest Games**
10.00 **Saturday Social**
11.00 **EFL Cup Highlights**
12.00 NOON LIVE **SPFL Ross County v Celtic.** Coverage of the Scottish Premiership match from Global Energy Stadium, where Celtic are favourites to win yet another title. Kick-off is at **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Soccer Saturday Pre-Match**
5.20 LIVE **Bundesliga Borussia Moenchengladbach v Bayern Munich.** Coverage of the German top-flight match staged at Borussia Park. Kick-off **5.30pm**.
7.30 **Best Moments from the Championship Play-Off Final**
8.00 **SPFL** Ross County v Celtic.
10.00 **EFL Highlights** League Two.
10.15 **EFL Cup Highlights**
11.15 **SPFL Highlights**
11.30 **EFL Rivalries**
12.00 M'T **EFL Highlights**
3.00 AM **Championship Season Review** Action from 2023/24.
4.30 **SPFL** The best goals of 2010/11.
5.00 **to 6.00** AM **SPFL Special: Celtic's Invincibles**

Sky Sports Cricket

404 514 504 422 442

6.00 AM LIVE **Big Bash League Sydney Sixers v Perth Scorchers.** Coverage of the T20 match at Sydney Cricket Ground.
8.55 LIVE **Big Bash League Adelaide Strikers v Brisbane Heat.** Coverage of the T20 match staged at Adelaide Oval.
11.00 LIVE **SA20 Paarl Royals v Sunrisers Eastern Cape.** Coverage of the T20 match from Boland Park in Paarl, South Africa.
3.00 PM LIVE **SA20 Joburg Super Kings v MI Cape Town.** Coverage of the T20 match staged at Wanderers Stadium.
7.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
7.45 **Blue for Bob** A Bob Willis tribute.
8.00 **Big Bash League** Action from Sydney Sixers v Perth Scorchers.
9.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League**
3.05 AM **Women's Big Bash League**
3.15 **Jimmy Anderson's Greatest Spells** Archive highlights.
3.30 **Blue for Bob** A Bob Willis tribute.
3.45 **Jimmy Anderson's Greatest Spells** Archive highlights.
4.00 **Big Bash League**
5.00 **to 6.00** AM **SA20**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **DP World Tour Golf Continental Europe v Great Britain & Ireland.** Coverage of the second day's play of the Team Cup staged at Abu Dhabi Golf Resort in United Arab Emirates.
1.00 PM **PGA Tour Golf** Sony Open.
3.00 **Junior Golf** Recent highlights.
3.30 **Rising: Inside the Curtis Cup**
4.00 **My Ryder Cup** Paul McGinley.
4.15 **Celebrity Kop Club**
4.30 **Junior Golf** Recent highlights.
5.00 **DP World Tour Golf**
6.00 LIVE **PGA Tour Golf** Coverage of day three of the Sony Open from the Waialae CC in Honolulu.
1.00 AM **DP World Tour Golf**
2.00 **Junior Golf** Recent highlights.
2.30 **My Ryder Cup**
3.00 **DP World Tour Golf**
4.00 **My Ryder Cup**
4.15 **Celebrity Kop Club**
4.30 **My Ryder Cup**
5.00 **to 6.00** AM **DP World Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM LIVE **WTA & ATP Tennis** Coverage from the Tours.
7.30 LIVE **ATP Tennis** Coverage of the Adelaide International final.
9.30 **Bitesize Tennis** Recent action.
9.45 **US Open Classic Matches**
10.00 **ATP Tennis** Hong Kong Open.
11.00 **Tennis** Auckland Open finals.
2.00 PM **WTA Tennis** Recent finals.
6.00 **ATP Tennis** Tour highlights.
10.00 **WTA Tennis** Hobart International.
12.00 M'T **Bitesize Tennis**
12.15 AM **US Open Classic Matches**
12.30 **Bitesize Tennis**
12.45 **US Open Classic Matches**
1.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **A-League Melbourne City v Brisbane Roar.**
8.00 **Premier League Stories**
8.30 LIVE **A-League Sydney FC v Central Coast Mariners.**
10.30 **What I Wore** Raphael Varane.
10.45 LIVE **A-League Perth Glory v Auckland FC.** Kick-off **10.45am**.
12.45 PM **TNT Sports Cricket Reload**
1.00 **Formula E Flashback**
1.30 LIVE **ABB FIA Formula E World Championship** The second practice session in Mexico.
2.15 **TNT Sports Reload**
2.30 **Vendee Globe Highlights**
3.00 **Formula E Flashback**
3.30 LIVE **ABB FIA Formula E World Championship** The qualifying session in Mexico City.
5.30 **Formula E Flashback**
6.00 **One Day International Cricket**
7.00 **Hope United** Wayne Rainey.
7.30 LIVE **Serie A AC Milan v Cagliari.** Kick-off is at **7.45pm**.
9.45 **Match Officials Mic'd Up**
10.15 **Premier League Stories**
10.45 **TNT Sports Cricket Reload**
11.00 PM **to 6.00** AM LIVE **Women's Ashes Australia v England.** The first ODI from North Sydney Oval.

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **One Day International Cricket New Zealand v Sri Lanka.** Coverage of the third and final ODI in the series at Eden Park in Auckland.
9.00 **Test Cricket Highlights**
11.00 **The Football Archives: UEFA Champions League**
2.00 PM **Fishing: On the Bank**
3.00 **Test Cricket Highlights**
5.00 **Women's One-Day International Cricket**
6.00 **ABB FIA Formula E World Championship Highlights**
7.00 LIVE **ABB FIA Formula E World Championship** The Mexico City Grand Prix from Autodromo Hermanos Rodriquez in Mexico City. Start-time **7.05pm**.
9.30 **TNT Sports Reload**
10.00 LIVE **UFC** Coverage of the preliminary bouts from UFC Fight Night at UFC Apex in Las Vegas.
12.00 M'T LIVE **UFC Mackenzie Dern v Amanda Ribas.** Coverage of the women's strawweight bout from UFC Apex in Las Vegas, Nevada, plus the undercard.
3.30 AM **Serie A** AC Milan v Cagliari.
4.30 **to 5.30** AM **Fishing: On the Bank**

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE **A-League Women Canberra United v Western United.** Coverage from McKellar Park in Canberra. Kick-off **6.00am**.
8.00 **TNT Sports Reload**
8.30 **What I Wore** Ellen White.
8.45 LIVE **A-League Women Melbourne City v Brisbane Roar.** Coverage from AAMI Park in Melbourne. Kick-off **8.45am**.
10.45 **Kenny Allstar's Number 1's**
11.00 **MotoGP Films: The Age of 27**
12.15 PM **MotoGP Rewind**
5.00 **Vendee Globe Highlights**
5.30 **Isuzu UTE A-League** Wellington Phoenix v Adelaide United. **6.30** Highlights from Melbourne City v Brisbane Roar. **7.30** Highlights from Sydney FC v Central Coast Mariners. **8.30** Perth Glory v Auckland FC.
9.30 **NBA on Fire** The latest news.
10.00 LIVE **NBA Phoenix Suns v Utah Jazz.** Coverage of the Western Conference match from Footprint Centre. Tip-off **10.00pm**.
12.30 AM **NBA Action**
1.00 **Isuzu UTE A-League**
5.00 **MLB Classic**
5.30 **to 6.00** AM **Vendee Globe Highlights**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Gameday**
12.30 PM **Jaguars Weekly UK** A round-up of the latest news from the Jacksonville Jaguars.
1.00 **NFL Highlights** Action from Baltimore Ravens v Buffalo Bills.
2.00 **One Jets Drive** A behind-the-scenes look at the New York Jets.
2.45 **NFL Bitesize Highlights** Action from Tampa Bay Buccaneers v New Orleans Saints.
3.00 **Jaguars Weekly UK**
3.30 **NFL Highlights** Baltimore Ravens v Washington Commanders.
4.30 **NFL Gameday** A review of all of the latest games from the NFL season, with discussion and analysis of the latest talking points.
9.00 LIVE **NFL** Coverage of the first Wild Card play-off, as the teams compete for a place in the Divisional play-offs. Houston Texans were dominant 45-14 victors over Cleveland Browns at this stage last year, claiming their first post-season win since 2020.
1.00 AM LIVE **NFL** Coverage of the second Wild Card play-off.
4.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **DP World Tour Golf**
7.00 **SA20** Recent T20 highlights.
8.00 **Big Bash League**
8.55 LIVE **Big Bash League Adelaide Strikers v Brisbane Heat.** Coverage of the T20 match staged at Adelaide Oval.
12.15 PM **Best of the Big Bash League**
1.00 **World Darts Championship**
3.00 **Fight Night** Two bout replays.
5.00 LIVE **NCAA Basketball Duke Blue Devils v Notre Dame Fighting Irish.** Coverage of the college match at Cameron Indoor Stadium. Tip-off is at **5.00pm**.
7.00 LIVE **NCAA Basketball Texas Tech Red Raiders v Iowa State Cyclones.** Coverage of the match at United Supermarkets Arena in Lubbock, Texas. Tip-off **7.00pm**.
9.00 **DP World Tour Golf** Team Cup.
10.00 **Big Bash League**
11.00 **SA20** Recent T20 highlights.
12.00 M'T **Big Bash League**
1.00 AM **SA20** Recent action.
2.00 **DP World Tour Golf**
3.00 **Fight Night International**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 4

421 876 530 411 434

6.00 AM LIVE **A-League Women Newcastle Jets v Melbourne Victory.** Coverage of the match from Newcastle Sports Ground No 2, Australia. Kick-off **6.00am**.
8.00 **Ultimate Pool** Recent action.
9.30 **Fishing: On the Bank**
10.30 **TNT Sports Reload**
11.00 **NBA Classic** From 2013/14.
12.00 NOON **NBA Highlights**
2.30 PM **Ultimate Pool** Recent action.
4.00 **NBA** Knicks v Thunder.
5.30 **Premier League Preview**
6.00 **NBA Highlights**
8.30 **Test Cricket Highlights**
10.30 **One Day International Cricket**
11.30 LIVE **Women's T20 Super Smash Central Hinds v Otago Sparks.** Coverage of the match staged at Fitzherbert Park.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM LIVE **T20 Super Smash Central Stags v Otago Volts.** Coverage of the match at Fitzherbert Park in New Zealand.

Eurosport 1

413 870 521 412 435

6.00 AM **Freestyle Skiing**
6.55 **Biathlon** In Oberhof, Germany.
8.45 **Alpine Skiing** From Italy.
9.15 LIVE **Alpine Skiing** Coverage from Adelboden in Switzerland.
10.15 LIVE **Alpine Skiing** The women's downhill from St Anton, Austria.
11.30 LIVE **Biathlon** The women's 10km pursuit from Oberhof.
12.15 PM LIVE **Alpine Skiing** Further coverage from Adelboden.
1.30 LIVE **Biathlon** Coverage of the men's 12.5km pursuit at Oberhof.
2.30 **Alpine Skiing** Recent action.
4.30 **Winter Sport: Mia Brookes**
4.50 LIVE **Snowboarding** Coverage from Kreischberg in Austria.
6.40 **Alpine Skiing** From St Anton.
7.40 **Winter Sport: Kirsty Muir**
8.00 **Dakar Rally** The sixth stage.
9.00 **Australian Open Tennis**
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Day one of the opening Grand Slam event of the season, featuring first-round ties.

Eurosport 2

414 871 522 413 436

6.00 AM **Masters Snooker**
8.00 **Dakar Rally**
9.00 **Australian Open Tennis**
10.00 **Biathlon** From Oberhof, Germany.
10.55 **Freestyle Skiing**
11.50 LIVE **Snowboarding** The men's and women's parallel giant slalom events from Scuol in Switzerland.
1.25 PM **Alpine Skiing: Clement Noel** From Wengen.
1.30 **Dakar Rally**
2.30 **Australian Open Tennis** Action from the 2024 singles finals.
6.00 **Masters Snooker** Ali Carter v Ronnie O'Sullivan in the 2024 final.
8.00 **Alpine Skiing** Recent highlights.
10.00 **Snowboarding** The big air events in Kreischberg, Austria.
11.00 **Dakar Rally** The sixth stage.
12.00 M'T **Alpine Skiing**
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Coverage of day one of the opening Grand Slam of the season, featuring first-round matches at Melbourne Park.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Soccer Saturday Pre-Match**
12.00 NOON LIVE **EFL Walsall v Tranmere Rovers.** Coverage of the League Two match staged at Poundland Bescot Stadium. Tranmere won August's reverse fixture 1-0 thanks to a goal by Omari Patrick, but Walsall prevailed by the same scoreline when the teams met here last term. Kick-off is at **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Soccer Saturday Pre-Match**
5.20 LIVE **Bundesliga Borussia Moenchengladbach v Bayern Munich.** Coverage from Borussia Park. Kick-off **5.30pm**.
7.30 LIVE **Fight Night Callum Simpson v Steed Woodall.** The British and Commonwealth super-middleweight title bout.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1**
2.15 PM **The F1 Wheelchair**
2.30 **Formula 1** A chance to see the 2024 Saudi Arabian Grand Prix.
4.35 **Sainz's Move to Williams**
4.45 **Formula 1** Australian Grand Prix.
6.50 **Nicolas Hamilton: My Story**
7.00 **Formula 1** A chance to see the 2024 Japanese Grand Prix.
9.15 **Formula 1** Chinese Grand Prix.
11.40 **F1 & the Silver Bullet**
11.55 **End of Season Funnies**
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Sunday

12 January

Evening Planner

Football

FA Cup Third Round
ITV1, BBC1 & BBC iPlayer
Today's coverage features Tamworth v Spurs (k-o 12.30pm, ITV1) and Arsenal v Manchester United (k-o 3pm, BBC1).

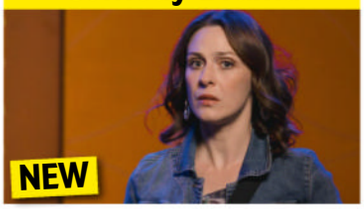
Entertainment

Dancing on Ice
ITV1, 6.30pm
The pro-celeb dancing contest returns, with judges Jayne Torvill, Christopher Dean, Oti Mabuse and Ashley Banjo.

Drama

Playing Nice
ITV1, 9pm
As the drama continues, Miles (James McArdle, above) leaks the families' story to the press. Concludes tomorrow.

Comedy Drama



The Dry
ITV1, 10.15pm & 10.50pm (box set, ITVX)
The comedy drama returns. Shiv (Roisin Gallagher) wonders if giving up her family will be just as beneficial as going sober.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.15 Antiques Roadshow	8.00 Call the Midwife		9.00 SAS Rogue Heroes		10.00 News	10.30 Film: Equals
	102 BBC2	7.00 Cities: Nature's New Wild		8.00 Attenborough and the Giant Sea...		9.00 7/7: The London Bombings		10.00 Film: Saving Private Ryan	
	103 ITV1	◂ 6.30 Dancing on Ice		8.00 Ant & Dec's Limitless Win		9.00 Playing Nice			10.15 The Dry
	104 CHANNEL 4	◂ 6.45 How to Heat Your Home...	7.45 The Great Pottery Throw Down			9.00 Celebrity Hunted		10.00 Celebrity Gogglebox	
	105 CHANNEL 5	7.00 Aldi vs Lidl: Which Tastes Better?		8.00 22 Kids & a Wedding		9.00 Rich House, Poor House		10.00 The World's Most Luxurious...	
	106 SKY SHOWCASE	7.00 Dictators' Hideouts		8.00 Airborne		9.00 Film: The Meg			
ENTERTAINMENT	115 BBC3	7.00 Film: Missing Link			8.30 EastEnders	9.00 The Traitors		10.00 The Traitors...	10.30 People Just...
	116 BBC4	7.00 Snooker: The Masters – Live: Shaun Murphy v Gary Wilson						10.00 Gods of Snooker	
	118 ITV2		7.15 Film: Harry Potter and the Order of the Phoenix					10.00 Family Guy	
	136 MORE4	◂ 6.55 Come Dine with Me		7.55 Celebrity Popmaster TV		9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	◂ 6.15 Film: The Simpsons Movie		8.00 The Simpsons		9.00 Film: The Inbetweeners 2			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Special Victims Unit		10.00 Matlock	
	108 SKY ATLANTIC	◂ 6.50 Boardwalk Empire				9.00 Lockerbie: A Search for Truth			10.15 The Wire
	110 U&GOLD	7.00 Only Fools and Horses			8.20 Dad's Army	9.00 Billy Connolly Does...		10.00 Only Fools and Horses	
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 QI		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.55 The Darling Buds of May		8.00 Doc Martin		9.00 Rosemary & Thyme		10.00 Vera	
	120 ITV4	◂ 6.50 Film: Dr No				9.00 Film: Mission: Impossible II			
	112 COMEDY CENTRAL	◂ 6.50 Film: Another Stakeout				9.00 Film: See No Evil, Hear No Evil			
	139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Grimm			
	113 SKY MAX	◂ 6.00 Film: Stargate: Continuum		8.00 Flintoff: Lord of the Fries		9.00 A League of Their Own		10.00 Rob Beckett's Smart TV	
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise		10.00 Far North	
	130 SKY ARTS	7.00 Film: The Trouble with Girls			8.50 Film: Spinout				10.40 Elvis...
	132 U&W	7.00 Inside the Operating Theatre				9.00 Nurses on the Ward			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 On the Roam		10.00 Custom Carolina	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Crikey! It's the Irwins				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 King Tut In Colour		8.00 Lost Treasures of the Bible		9.00 Egypt's Sun King: Secrets and Treasures		10.00 Lost Tombs of the Pyramids	
	123 SKY HISTORY	7.00 Royal Murder Mysteries				9.00 Einsatzgruppen: The Nazi Death Squads			
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Find It, Fix It, Flog It		9.00 One Foot in the Grave			
	121 SKY DOCS	7.00 Becoming Madonna				9.00 Anatomy of Lies		10.00 Phoenix Rising	
FILMS – Sky Cinema	301 PREMIERE	◂ 5.45 The Fall Guy		8.00 Godzilla x Kong: The New Empire				10.00 Get Away	
	302 ICONS	◂ 6.00 Ocean's Eleven		8.00 Erin Brockovich					10.15 Airplane!
	303 HITS	◂ 6.00 Wonka		8.00 Stuart Little			9.40 Stuart Little 2		
	304 GREATS	◂ 6.00 Back to the Future		8.00 Back to the Future Part II				10.00 Back to the Future Part III	
	305 ANIMATION	◂ 6.25 Antz	7.55 Surf's Up			9.25 Spider-Man: Across the Spider-Verse			
	306 FAMILY	◂ 6.30 The Lord of the Rings: The Two Towers					9.40 The Spiderwick Chronicles		
	307 STUNTS	◂ 5.15 Mission: Impossible – Dead...		8.00 The Fall Guy					10.10 Dungeons & Dragons: Honour...
	308 COMEDY	◂ 6.00 White Chicks		8.00 Horrible Bosses			9.45 In & Out		
	309 THRILLER	◂ 5.50 Inferno		8.00 Now You See Me 2					10.15 Missing
	310 DRAMA	◂ 6.10 The Unlikely Pilgrimage of Harold Fry		8.00 The Theory of Everything				10.05 8 Mile	
	311 SCI-FI	◂ 6.10 Ghostbusters		8.00 Minority Report					
	313 FILM4	◂ 6.35 Deep Impact				9.00 London Has Fallen			
SPORT	401 MAIN EVENT	◂ 5.30 NFL – Live: Coverage of the third and fourth Wild Card play-off matches							
	402 PREMIER LEAGUE	7.00 Sticker Book		8.00 We're Not...	8.30 David James: The One and Only			10.00 Class of '92: Full Time	
	403 FOOTBALL	7.00 EFL Highlights					9.30 SPFL Highlights	10.00 EFL Highlights	
	404 CRICKET	7.00 Big Bash League				9.00 SA20			
	410 TNT SPORTS 1	7.00 PL Preview	7.30 Serie A – Live: Napoli v Hellas Verona (Kick-off 7.45)					10.00 Women's Ashes	
	411 TNT SPORTS 2	7.00 Reload	7.30 NBA Action	8.00 NBA – Live: Dallas Mavericks v Denver Nuggets (Tip-off 8.00)					10.30 Cricket

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
7.30 **Match of the Day: FA Cup Highlights** Third-round ties. (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Pilgrimage: The Road Through North Wales** (S)(R)(AD)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Escape to the Country** (S)(R)
2.35 LIVE **Match of the Day: FA Cup** Arsenal v Manchester United: All the action from the third-round tie at the Emirates Stadium. Kick-off is at 3.00. *See feature, page 28.* (S)
5.15 **Garden Rescue** (S)(R)
5.45 **Countryfile** New edition Exploring the waterways of the Shropshire Hills. (S)

9.00 SAS Rogue Heroes

6 PM

6.45 **BBC News** (S)

7 PM

7.00 **Local News** (S)
7.15 **Antiques Roadshow** Fiona Bruce presents the show from Alexandra Gardens in the heart of Cardiff, where items include a Maori pipe and a book listing wartime spies. (S)(R)

8 PM

8.00 **Call the Midwife** New episode 2/8. Rising rates of gonorrhoea cause alarm, and Trixie cares for an unmarried first-time mother recently diagnosed with a mental health condition. (S14) (S)(AD)

9 PM

9.00 **SAS Rogue Heroes** New episode 4/6. As Reg Seekings struggles to cope, he strikes up a friendship with a young Italian boy which ends in yet more horror. (S2) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **Equals** Sci-fi romance starring Kristen Stewart and Nicholas Hoult. Two co-workers in a dystopian future where all emotion is ruthlessly suppressed develop feelings for each other. (S) (2015, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM **The Graham Norton Show** The host is joined by guests Tom Hiddleston, Brie Larson, Claudia Winkleman and Billy Porter. Plus, singer-songwriter Myles Smith performs *Nice to Meet You*. (S)(R)
12.55 **Weather for the Week Ahead** (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Countryfile** (S)(R)
7.30 **Breakfast** (S)
9.00 **Weatherman Walking** (S)(R)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Nigel and Adam's Farm Kitchen** Nigel cooks spring lamb. (S)(R)
12.00 NOON **This Farming Life** 1/12. Documentary following life on five farms around Scotland. (S)(R)
1.00 PM LIVE **Snooker: The Masters** Ronnie O'Sullivan v John Higgins: Hazel Irvine presents coverage of the opening match of the first round, which comes from Alexandra Palace in London. (S)
5.15 **Ski Sunday** New edition Ed Leigh and Chemmy Alcott present action from the men's night-time slalom race in the World Cup event at Madonna di Campiglio, Italy. (S)

10.00 Saving Private Ryan

6 PM

6.00 **Inside the Factory** 2/6. Paddy McGuinness goes inside the Warburtons bread factory in his hometown of Bolton, where he had a Saturday job over 30 years ago. (S)(R)

7 PM

7.00 **Cities: Nature's New Wild** 2/3. Animals that travel in and out of cities in search of food or a safe place for their young, including penguins in Cape Town, hippos in St Lucia, and black bears in North America. (S)(R)

8 PM

8.00 **Attenborough and the Giant Sea Monster** The naturalist investigates the discovery of a lifetime – the skull of a giant pliosaur, one of the most ferocious Jurassic predators ever known. (S)(R)(AD)

9 PM

9.00 **7/7: The London Bombings** New edition 3/4. In a major breakthrough, police use CCTV to trace the movements of the bombers from King's Cross back to Luton. (S)(AD)
■ Concludes tomorrow

10 PM

10.00 FILM **Saving Private Ryan** Steven Spielberg's World War Two drama starring Tom Hanks, Tom Sizemore and Edward Burns. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. With Matt Damon. (S) (1998, 15, 160min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Snooker: The Masters – Extra** Extended highlights of Ronnie O'Sullivan v John Higgins from Alexandra Palace. (S)
2.40 **Sign Zone: Silent Witness** (S)(R)
3.40 **Sign Zone: Scams & Scandals: Captain Tom – What Went Wrong?** Documentary. (S)(R)(AD)
4.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Inside Britain's Food Factories**
6.25 **The Masked Singer** (S)(R)(AD)
7.45 **James Martin's Saturday Morning** With actor James Buckley and his model wife Clair. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 **ITV News** (S)
11.45 LIVE **Football: FA Cup** Tamworth v Tottenham Hotspur: All the action from the third-round tie at the Lamb Ground. Kick-off is at 12.30. *See feature, page 28.* (S)
2.50 PM **Wheel of Fortune** (S)(R)(AD)
3.50 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
4.20 FILM **Dad's Army** Wartime comedy based on the TV series, starring Toby Jones and Bill Nighy. (S)(AD) (2016, PG, 110min) ★★★

9.00 Playing Nice

6 PM

6.10 **ITV News** (S)
6.20 **Local News** (S)
6.30 NEW SERIES **Dancing on Ice** Holly Willoughby and Stephen Mulhern present the return of the ice-dancing contest as 11 celebrities compete to become champion of the rink. Oti Mabuse and Ashley Banjo are on the judging panel with Jayne Torvill and Christopher Dean, who will perform a new routine. *See feature, page 11.* (S)

8 PM

8.00 **Ant & Dec's Limitless Win** New edition Ant and Dec try to help more contestants climb the never-ending money ladder, with married couples Dan and Sarah, and Nik and Khajal taking part. (S)(AD)

9 PM

9.00 **Playing Nice** New episode 3/4. With his life unravelling, Pete realises he must dig into Miles's murky past to save his family. (S1) (S)(AD)
■ Concludes tomorrow

10 PM

10.00 **ITV News** (S)
10.15 NEW TO ITV1 **The Dry** 1/8. Return of the comedy drama with Roisin Gallagher. Shiv celebrates her birthday. (S)(AD)
10.50 New episode 2/8. At work, Shiv offers to fill in as a teacher for the life-drawing class, but disaster strikes when the model cancels. (S2) (S)(AD)
■ Entire series on ITVX
11.20 **Romesh Ranganathan's Parents' Evening** With Joel Dommett, Tony Bellew and Vicky Pattison. (S)(R)
12.25 AM **Teleshopping**
3.00 **Motorsport UK** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.10 AM **Cheers** (S8&9) (S)(R)
7.05 **Frasier** 19-22/24. (S10) (S)(R)(AD)
9.00 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Stephen Kunken and Rochenda Sandall. Plus, music from The Coronas. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
1.30 FILM **Hotel Transylvania: Transformania** Animation with the voice of Andy Samberg. (S) (2022, PG, 105min) ★★★
3.15 **George Clarke's Adventures in Americana** 1/4. George explores the Americana architecture and design movement. (S)(R)(AD)
4.15 2/4. The presenter continues his Americana odyssey with a visit to California. (S)(R)(AD)
5.15 **Grand Designs** A revolutionary eco home in the Cotswolds. (S)(R)(AD)

9.00 Celebrity Hunted

6 PM

6.15 **News** (S)
6.45 **How to Heat Your Home for Less This Winter** Denise Van Outen sets out to debunk myths and discover the savviest tips to save people money on their energy bills in the coming months. (S)(R)(AD)

7 PM

7.45 **The Great Pottery Throw Down** New edition 2/10. Siobhán McSweeney and judges Keith Brymer Jones and Rich Miller challenge the potters to create a statement mantelpiece clock, as well as a surprise blindfolded second task. (S)(AD)

9 PM

9.00 **Celebrity Hunted** New edition 2/8. After a fractious first few days, two of the celebs split up. But the problem is that they're both expected at an event in London and the hunters know all about it. (S)

10 PM

10.00 **Celebrity Gogglebox** A cast of famous faces comment on the week's TV, including *Too Hot to Handle, Only Connect, The Proof Is Out There, Smile* and *The Deepest Breath*. (S)(R)(AD)
11.00 **8 Out of 10 Cats Does Countdown** Jon Richardson and Rosie Jones take on Joe Wilkinson and Phil Wang. (S)(R)
12.00 M'T **Taskmasterclass** (S)(SL)(R)
12.55 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.45 **Undercover Boss USA** (S)(R)
2.35 **The Amazon Review Killer** (S)(R)
4.30 **Frasier** 12-14/24. (S8) (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.30 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **NFL: End Zone** (S)
9.40 **Escape to the Farm with Kate Humble** Triple bill. (S)(R)
12.40 PM **Loch Lomond: A Year in the Wild** 1/4. The impact of the seasons in the national park, focusing on spring. (S)(R) **1.40** 2/4. Summer arrives, and cameras follow the newborns as they learn to find food. (S)(R)
2.40 **Shetland: Scotland's Wondrous Isles** Following life on the archipelago. (S)(R) **3.35** Pearl Young prepares for the harvest festival. (S)(R)
4.35 **When Holidays Go Horribly Wrong** A selection of disastrous excursions. (S)(R)

8.00 22 Kids & a Wedding

6.05 **The Air Fryer Diet: Lose Weight, Cook Fast** 1/2. Cherry Healey compares and contrasts popular meals and treats with the air fryer versions. (S)(R)
6.55 **News** (S)
7.00 **Aldi vs Lidl: Which Tastes Better?** A comparison of the quality of different food products from the two German supermarkets. (S)(R)
8.00 **22 Kids & a Wedding** New edition Harley and Millie are faced with a series of unexpected challenges as they prepare for their big day, while Chloe makes a shock announcement. (S)
9.00 **Rich House, Poor House** New edition In rural Scotland, single mother Angie and her two daughters trade places with wealthy business owners Monika and Clifford. (S)
10.00 **The World's Most Luxurious Retirement Homes** A look at retirees living it up in Miami, Colorado and West Sussex. (S)(R)
11.05 **Most Shocking Celebrity Moments** The worst celebrity career catastrophes. (S)(R)
1.05 AM **PlayOJO Live Casino Show**
3.00 **Rich House, Poor House** (S)(R)
3.50 **Building Britain's Canals** The Leeds and Liverpool Canal. (S)(R)
4.35 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Boosnoo! Mega Mashups**
6.30 **My Little Pony: Friendship is Magic** Animation. (S)(R)
6.55 **Trolls: Trollstopia** (S)(R)(AD)
7.45 **Ultimate Magic Skills** (S)(R)
8.05 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion. (S)
10.00 **The Office (US)** (S5) (S)(R)
12.00 NOON **The Simpsons** Six episodes, including at: **2.30** PM *The Ziff Who Came to Dinner:* Homer is sentenced to 10 years in prison. (S)(R) **3.00** **David Attenborough's Galapagos** Exploring the Pacific archipelago. (S)(R) **4.00** The unique species that live in the isolated habitat. (S)(R) **5.00** Exploring the differences between the 19 islands. (S)(R)

9.00 The Meg

6.00 **Rust Valley Restorers** Mike finds himself juggling the restoration of a 1969 Road Runner convertible from a distance, while also working remotely for his rock scaling business. (S)(R)
7.00 **Dictators' Hideouts** 2/6. Three underground shelters intended to protect the fascist dictator Benito Mussolini and his family, built beneath Villa Torlonia, his family's home in Rome. (S)(R)
8.00 **Airborne** New edition *Love in the Air:* 3/4. A look at how animals use air to their advantage when finding and keeping a mate. Keeley Hawes narrates.
9.00 **FILM The Meg** Action thriller starring Jason Statham. Rescue diver Jonas Taylor is hired to save the crew of a deep-sea submersible from a 75ft-long prehistoric shark. With Bingbing Li, Rainn Wilson and Ruby Rose. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **Brassic** 1/6. First episode of the comedy drama. Vinnie and his crew become tangled up with a local crime boss. (S1) (S)(R)(AD)
12.10 AM **The Force: Manchester** Double bill of editions. (S)(R)
2.10 **Brit Cops: Frontline Crime UK** Officers deal with a dangerous domestic incident. (S)(R)(AD)
3.05 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **12.05** Sportscene: Premiership Highlights (S)(R) **1.05** The Graham Norton Show (S)(R) **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
5.15-5.45pm Legends of Welsh Sport: Mark Hughes (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
4.15pm LIVE Match of the Day: The FA Cup (S) **6.30** Ski Sunday New edition (S) **7.15** The Travelling Auctioneers (S)(R) **7.45-8.00pm** Hairy Bikers: Teatime Treats (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Ty am Ddim **10.00** Antur y Gorllewin **11.00** Adre **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Cymru Wyllt **1.00pm** Llond Bol O Sbaen **2.00** Y Fets (AD) **2.30** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **3.00** Efaciwîs (AD) **4.00** Yn y Fan a'r Lle (AD) **4.35** 6 Gwlad Shane ac Ieuan **5.35** Cefn Gwlad (AD) **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** Ar y Ffin New episode (AD) **10.00** Ty Ffit **11.00-11.35pm** Pobol y Rhondda

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **FILM Missing Link** Animated comedy featuring the voice of Hugh Jackman. An explorer helps a Bigfoot-like creature find his long-lost relatives in the fabled valley of Shangri-La. (2019, PG, 93min) ★★★
8.30 **EastEnders** Reiss summons the Albert Square residents.
9.00 **The Traitors** 5/12. The game of backstabbing and trust continues with the Traitors plotting their next move in the dead of night.
10.00 **The Traitors: Uncloaked** 5/12. Ed Gamble and guests discuss recent developments.
10.30 **People Just Do Nothing** 5/5. Michelle struggles with a life-changing decision. (S2) **11.00** 1/6. The Kurupt FM boys make a new track. (S3)
11.30 **Drugs Map of Britain**
12.30 AM **The Fast and the Farmer-ish** England heat.
1.00 **Charlie Cooper's Myth Country** Double bill.
2.00 **People Just Do Nothing**
3.00 **to 4.00** AM **Kidnapped: The Chloe Ayling Story**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **LIVE Snooker: The Masters** Shaun Murphy v Gary Wilson: Seema Jaswal presents coverage of the second match of the first round, which comes from Alexandra Palace in London.
10.00 **Gods of Snooker** 1/3. The sport's rise to prominence, beginning with how Alex 'Hurricane' Higgins upset the snooker establishment to help transform the game into a TV ratings hit.
11.00 **Isla** Theatr Clwyd's performance of playwright Tim Price's dark comedy about a retired teacher and his digital assistant. Stars Mark Lambert, Catrin Aaron and Lisa Zahra.
12.00 MT **Charles I: Killing a King** 1/3. Docu-drama about the execution of Charles I, beginning by following the events of 1648, when plans were made to try the king for treason.
1.00 AM **Gods of Snooker**
2.00 **Isla** As 11.00pm.
3.00 **to 4.00** AM **Charles I: Killing a King**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke** From Colchester.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Come Dine with Me**
2.40 PM **Four in a Bed**
5.20 **Come Dine with Me** Council manager Charlotte hosts the first night in Llanelli. **5.50** Electrician Steve hosts. **6.25** Nurse Christine prepares family favourites.
6.55 **Come Dine with Me** Retired teacher Meic plans an authentic French menu. **7.25** Teaching assistant Ainsley hosts the final dinner party in Llanelli.
7.55 **Celebrity Popmaster TV** Ken Bruce returns with a celebrity special, with Eddie Kadi, Scarlett Moffatt, H, Hannah Cockroft and Keith Brymer Jones putting their music knowledge to the test.
9.00 **999: On the Front Line** Paramedics help a man who has severed his finger.
10.00 **24 Hours in A&E** A 25-year-old motorcyclist is run over by a van.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line**
1.15 **Celebrity Popmaster TV**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
7.15 **Rude(ish) Tube Shorts**
7.30 **FILM The Cat in the Hat** Fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
9.00 **Don't Tell the Bride**
10.05 **Ramsay's Kitchen Nightmares USA**
2.10 PM **The Big Bang Theory**
3.40 **The Simpsons**
6.15 **FILM The Simpsons Movie** Animated comedy with the voices of Dan Castellaneta and Julie Kavner. (2007, PG, 83min) ★★★★★
8.00 **The Simpsons** *Undercover Burns:* Mr Burns disguises himself as an employee. **8.30** *I, Carumbus:* While visiting an exhibition on Ancient Rome, Marge argues with Homer about his lack of ambition.
9.00 **FILM The Inbetweeners 2** Comedy spin-off sequel starring Simon Bird, James Buckley, Joe Thomas and Blake Harrison. The awkward teenagers find university does not live up to their expectations, and go to Australia for an adventure. (2014, 15, 92min) ★★
11.00 **Gogglebox**
12.00 MT **Open House: The Great Sex Experiment**
1.05 AM **Naked Attraction**
2.05 **First Dates**
3.00 **The Simpsons**
4.15 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **UK Border Force**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **Paramedics Australia**
12.00 NOON **The Real A&E** The team rush to a road accident. **12.30** PM The team race to a serious air traffic collision. **1.00** A woman becomes impaled on a garden fence. **1.30** The team race to help a cyclist who collided with a car.
2.00 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Law & Order: Special Victims Unit** *Controlled Burn:* 6/22. Rollins looks into an assault at an underground party. (S24)

10 PM
10.00 **Matlock** *Belly of the Beast:* 7/10. A woman experiences severe symptoms following a clinical trial. (S1)
11.00 **Fire Country** 18/22. The crew respond to a derailed train but the rescue becomes complicated. (S1)
12.00 M'T **FBI: International** (S1)
1.00 AM **For Life** 2/13. (S1)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Four editions.
9.55 **The Sopranos** 11-13/13. (S3)
1.25 PM **The Sopranos** 1/13. Adriana confides in Danielle. **2.30** 2/13. Tony warns Janice about her new love. (S4)
3.35 **Boardwalk Empire** 4/12. Rothstein agrees to bankroll Nucky's Tampa deal. **4.40** 5/12. Kessler is detained by Agent Knox. **5.45** 6/12. Nucky reconnects with Sally Wheet in Tampa. **6.50** 7/12. Eli's son Willie asks Nucky for a job. (S4)

7.55 Boardwalk Empire

7.55 **Boardwalk Empire** *The Old Ship of Zion:* 8/12. Knox gets a break in his investigation into Nucky, while Chalky tries to regain control over his part of town. (S4)

9.00 **Lockerbie: A Search for Truth** 2/5. As Jim Swire continues his campaign for truth and justice, two suspects are indicted for the bombing. (S1)
10.15 **The Wire** *Back Burners:* 7/12. D'Angelo's mother is seeking justice for her son's murder. (S3)
11.15 **The Time Traveler's Wife** 2/6. Henry and Clare try to reset with a second date. (S1)
12.15 AM **Succession** 1&2/10. Double bill of episodes. (S1)
2.35 **Gomorrah** 10/12. (S2)
3.40 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **MacGyver** 1-3/13. (S4)
9.00 **S.W.A.T.** 1-5/18. (S4)
2.00 PM **Grimm** 1/22. First episode of the fantasy crime drama. **3.00** 2/22. A teenager is attacked while attempting to break into a house. **4.00** 3/22. A woman suffers a fatal overdose of bee venom. **5.00** 4/22. A strange creature puts women under a spell. (S1)
6.00 **FILM Stargate: Continuum** Sci-fi adventure starring Ben Browder and Michael Shanks. (2008, PG, 99min) ★★

8.00 Flintoff: Lord of the Fries

FILM Stargate: Continuum (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Flintoff: Lord of the Fries** 5/6. Andrew 'Freddie' Flintoff and Rob Penn move on to the south east of England.

9.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz, with Tyson Fury, Maya Jama and Rob Beckett.

10.00 **Rob Beckett's Smart TV** Comedy panel show.
10.50 **Brassic** 1/6. Vinnie becomes tangled up with a local crime boss. (S1)
11.55 **The Walking Dead: Dead City** 1/6. Maggie's son Hershel is kidnapped and she tracks down Negan to ask for his help. Stars Lauren Cohan. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Secret Crush** Double bill.
11.00 **Ant & Dec's Limitless Win**
12.00 NOON **The Masked Singer**
1.30 PM **FILM Harry Potter and the Prisoner of Azkaban** Fantasy adventure sequel starring Daniel Radcliffe. (2004, PG, 142min) ★★★★★
4.10 **FILM Harry Potter and the Goblet of Fire** Fantasy adventure sequel with Daniel Radcliffe. Harry faces the perils of the Triwizard contest. (2005, 12, 157min) ★★★

7.15 ...the Order of the Phoenix

7.15 **FILM Harry Potter and the Order of the Phoenix** Fantasy adventure starring Daniel Radcliffe. Harry Potter clashes with a tyrannical new teacher and begins secretly teaching a small band of students how to defend themselves against the Dark Arts. With Gary Oldman. (2007, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Family Guy** 9/20. Film noir parodies. (S20) **10.30** 22/22. Peter attempts to convert Chris to Judaism. (S3)
11.00 **Family Guy** 1/20. (S20)
11.30 **American Dad!** (S17&16)
12.30 AM **The Emily Atack Show**
1.15 **Getting Filthy Rich**
1.40 **World's Funniest Videos**
2.10 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Inspector Morse**
10.40 **The Durrells**
12.40 PM **Doc Martin**
1.40 **A Touch of Frost** *Paying the Price:* Jack hunts a kidnapper after a woman disappears.
3.50 **Lewis** *Pilot:* The inspector investigates the murder of a talented maths student, and the prime suspect is the victim's ex-boyfriend.
5.50 **The Darling Buds of May** *A Season of Heavenly Gifts - Part One:* Pop rescues a pilot from his crashed plane.

8.00 Doc Martin

6.55 **The Darling Buds of May** *A Season of Heavenly Gifts - Part Two:* Pop's hoard of cash causes trouble for the family.

8.00 **Doc Martin** *In Loco:* 2/9. An infectious skin disease causes problems at the school, and Bert runs the fish and chip shop. (S2)

9.00 **Rosemary & Thyme** *Arabica and the Early Spider:* The duo make a gruesome discovery in the grounds of a pop star.

10.00 **Vera** *Telling Tales:* DCI Vera Stanhope sets out to solve the murder of a teenage girl 11 years ago. Guest stars Hugo Speer.
12.00 M'T **Lewis** *Whom the Gods Would Destroy:* An Oxford graduate is found murdered in a case that leads Lewis to a senior university figure.
2.00 AM **Bless This House**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, featuring Rangers v St Johnstone and Aberdeen v Hearts.
8.15 **Darts Dreams** Chloe O'Brien's bid to be selected for the Scottish ladies' darts team.
8.45 **Rewind 1980s** The news, music and TV of 1981.
9.00 **Paramedics on Scene** Paramedics come to the aid of a woman following a suspected assault.
10.00 **Still Game** 2/6. Some bootleg alcohol has a sobering effect on the town's residents. (S7)
10.30 **Best of Chewin' the Fat** Highlights show.
11.00 **The Sunday Show**
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S1)
9.50 **Silicon Valley** (S1)
12.45 PM **Entourage** (S3&4)
3.30 **Ballers** 6-10/10. (S1)
6.30 **The Office (US)** 26/28. Staff members take liberties with their casual Friday attire. **7.00** 27/28. Phyllis is taken aback by Bob's new secretary. **7.30** 28/28. Michael and Holly are reunited at a company picnic. (S5) **8.00** 1/26. Michael regrets starting a rumour about Stanley. **8.30** 2/26. David Wallace and Jim have a private meeting. (S6)
9.00 **Rosie Molloy Gives Up Everything** 3&4/6. (S1)
10.00 **And Just Like That...**
11.40 **Sex and the City** (S3)
1.00 AM **Flight of the Conchords** (S1)
2.20 **Enlightened** (S1)
3.40 **to 5.00** AM **Jerrod Carmichael Reality Show**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **The Sound of Music**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **When Elvis Met Priscilla** Documentary.
2.00 **FILM Viva Las Vegas** Musical. (1964, U) ★★★
3.40 **FILM Elvis on Tour** Documentary. (1972, PG, 89min) ★★★
5.20 **Elvis Presley: Aloha from Hawaii**
7.00 **FILM The Trouble with Girls** Musical. (1969, U, 95min) ★★★
8.50 **FILM Spinout** Musical. (1966, U, 89min) ★
10.40 **NEW Elvis: Tortured Soul** Documentary.
12.15 AM **Neil Diamond: Under a Tennessee Moon**
1.15 **Frank Sinatra: The Vintage Years**
2.15 **Beach Boys: Good Vibrations Tour**
3.15 **Music Icons**
3.45 **Live from the Artists Den** Crowded House.
5.00 **to 6.00** AM **Soul II Soul – Club Classics: Vol 1**

Sky Mix

151 135 11 141

6.00 AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.20 **Moominvalley**
8.45 **Critters TV**
9.00 **Monkey Life**
11.30 **Highway Cops**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Cops**
6.00 **Road Wars**
8.00 **Nothing to Declare**
9.00 **Britain's Most Evil Killers** The case of Anthony Arkwright, who murdered three people in a 56-hour killing spree. **10.00** Andrzej Kunowski, who murdered a 12-year-old girl in 1997.
11.00 **Snapped**
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Motorway Patrol**
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View** New edition
8.10 **The Real Housewives of Jersey** Reality series.
9.10 **John and Lisa's Food Trip Down Under**
10.15 **Scott's Vacation House Rules** Double bill.
12.10 PM **Real Housewives of New Jersey**
4.55 **Gary Barlow's Wine Tour: South Africa**
6.00 **Dermot O'Leary's Taste of Ireland**
7.00 **Inside M&S**
8.00 **Celebrity Dinner Date**
9.00 **FILM The Stepford Wives** Comedy remake starring Nicole Kidman. (2004, 12, 93min) ★★★
10.55 **Botched** Medical series.
11.55 **Dr. 90210**
12.50 AM **Buying the View**
1.15 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **7.00** *From the Horse's Mouth:* Jessica trails a killer in Kentucky. **8.00** *The Prodigal Father:* A man arrives in Cabot Cove looking for his daughter.
9.00 **Garage Sale Mystery: Murder by Text** Crime drama with Lori Loughlin and Steve Bacic.
10.55 **Aurora Teagarden Mysteries: Honeymoon, Honeymurder** Crime drama starring Candace Cameron Bure, Marilu Henner and Niall Matter.
12.50 AM **The New Avengers**
3.00 **Randall and Hopkirk (Deceased)** 14/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

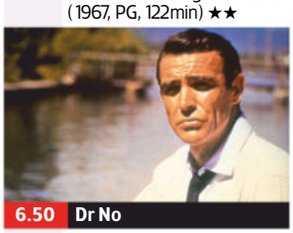
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Protectors**
7.35 **Motorsport Mundial**
8.05 **Auto Mundial**
8.35 **Motorsport UK**
9.35 **Made in Britain**
11.35 **Cadfael**
1.10 PM **The Motorbike Show**
2.10 **Sharpe**
4.20 FILM **The Way West** Western starring Kirk Douglas, Robert Mitchum and Lola Albright. A wagon train of pioneers embark on a dangerous trek. (1967, PG, 122min) ★★


6.50 Dr No

6.50 FILM **Dr No** James Bond adventure starring Sean Connery. Agent 007 goes to Jamaica to investigate the mysterious death of a fellow agent. With Ursula Andress, Joseph Wiseman and Jack Lord. (1962, PG, 111min) ★★★★ SEX●●● VIOLENCE●●● LANG●●●

9.00 FILM **Mission: Impossible II** Action thriller sequel starring Tom Cruise. Special agent Ethan Hunt teams up with a cat burglar to track down a villain who has a deadly virus. (2000, 15, 124min) ★★★ SEX●●● VIOLENCE●●● LANG●●●

11.25 **River Monsters**
12.30 AM **The Adventures of Sherlock Holmes**
1.30 **Minder**
2.35 **Auto Mundial**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine** Five episodes, including at: **2.00** PM 10/26. Sisko suffers life-threatening visions. **3.00** 11/26. An assassin targets Kira's resistance group. (S5)
4.00 **Stargate SG-1** 16/22. Carter goes missing during an attack. **5.00** 17/22. A film crew arrive to document the life of SG-1. **6.00** 18/22. A mission has a tragic conclusion when a familiar face is killed. (S7)

9.00 Grimm

7.00 **Stargate SG-1** *Resurrection:* 19/22. The SG-1 team investigate a secret NID laboratory.

8.00 **Stargate SG-1** *Inauguration:* 20/22. Robert Kinsey attempts to wrest control of the Stargate program. (S7)

9.00 **Grimm** *Pilot:* 1/22. A homicide detective learns he is descended from hunters tasked with protecting humanity.

10.00 **Grimm** *Bears Will Be Bears:* 2/22. Nick and Hank investigate when a teenager is attacked while breaking into a house. (S1)
11.00 **Grimm** 3-5/22. (S1)
2.00 AM FILM **Zodiac: Signs of the Apocalypse** Sci-fi disaster drama starring Christopher Lloyd and Joel Gretsch. An archaeologist makes a discovery that leads to a series of natural disasters across the globe. (2014, PG, 89min) ★
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 9/10. Frank and Lu investigate a death threat at a tennis club. **5.00** 10/10. Frank and Lu make some unlikely allies when they encounter a pair of gangsters. (S2)
6.00 **Beyond Paradise** 1/6. *Death in Paradise* spin-off. Humphrey Goodman cracks crime in Devon. Stars Kris Marshall. (S1)

8.00 Hudson & Rex

7.00 **Hudson & Rex** *A Stab in the Dark Web:* 7/16. Major Crimes investigates a dark web marketplace.

8.00 **Hudson & Rex** *Sudden Death:* 8/16. Charlie and Jesse disagree over the prime suspect in a murder case. (S4)

9.00 **Death in Paradise** *Murder in the Stars:* 1/8. An eminent astronomer dies in mysterious circumstances. (S12)

10.00 **Far North** 1/6. Crime comedy drama based on the extraordinary story of an ordinary couple who foiled an international crime ring. Stars Robyn Malcolm and Temuera Morrison. (S1)
11.00 **Death in Paradise** As 9pm.
12.00 M'T **Hudson & Rex** As 7pm.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Only Fools and Horses**
8.05 **The Two Ronnies**
9.55 **Only Fools and Horses**
1.45 PM **Only Fools and Horses** Eight episodes, including at: **5.00** Del and Rodney agree to let Grandad accompany them on their holiday abroad. **5.40** Del seizes a once-in-a-lifetime opportunity to improve his social standing by launching a chandelier-cleaning business. **6.20** Rodney starts going out with a police officer, much to the consternation of Del Boy.

7.40 Only Fools and Horses

7.00 **Only Fools and Horses** Del gets the chance to sell off two antique urns **7.40** Del gets the gambling habit – much to the annoyance of Rodney and Grandad.
8.20 **Dad's Army** Jones's military reputation is called into question.

9.00 **Billy Connolly Does...** The comedian reveals all the things he loves about showbiz, including the Pope's warm-up DJ.

10.00 **Only Fools and Horses** Rodney finds a girlfriend, . **10.40** Del jumps at the chance to decorate the local Chinese restaurant.
11.20 **Only Fools and Horses**
12.35 AM **Inside No 9** The match officials get ready to oversee a vital football match. **1.15** A couple's new flat has a dark and sinister past.
1.55 **The Two Ronnies**
2.40 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Storage Hunters UK**
9.30 **Speed with Guy Martin**
11.00 **Top Gear** Double bill.
1.00 PM **American Pickers** Double bill of editions.
3.00 **Gino's Italian Escape: Hidden Italy** Four editions.
5.00 **Motorhoming with Merton & Webster** Paul Merton and his wife Suki Webster head to the Lake District.
6.00 **The Lakes with Simon Reeve** Simon explores the impact of humans on the Lake District.

6.00 The Lakes

7.00 **Special Ops: To Catch a Criminal** New edition A gunfight in Kent sparks a high-pressure search. ■ Entire series on U

8.00 **QI** An edition of the quiz celebrating the 100th birthday of the BBC, with Zoe Lyons, Greg James and Richard Osman.

9.00 **Have I Got a Bit More News for You** Professor Hannah Fry hosts the satirical quiz, with guests Zoe Lyons and Ed Patrick.

10.00 **QI** With Jimmy Carr, Phill Jupitus and David Mitchell.
10.40 **Mock the Week** With Rob Beckett, Stewart Francis and Ed Byrne.
11.20 **Mock the Week** With Alistair McGowan, Hal Cruttenden, Gary Delaney and Miles Jupp.
12.00 M'T **Red Dwarf** 4-6/6. Triple bill of the comedy. (S5)
2.00 AM **Survivor South Africa**
3.00 **to 4.00** AM **Richard Ayoade's Question Team**

+1 hour 211/212 327 74

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **A Place in the Sun** Six editions, including at: **6.00** A forever home in the Coimbra region of central Portugal. **7.00** A permanent home in Almeria, Spain.
8.00 **Sarah Beeny's New Life in the Country** The family turn their attention to Sarah's dad's old caravan.
9.00 **8 Out of 10 Cats Does Countdown** Jon Richardson and Rosie Jones take on Joe Wilkinson and Phil Wang.
10.00 **The Amazon Review Killer** A serial killer whose Amazon reviews were linked to his crimes.
12.10 AM **Celebrity Gogglebox**
1.15 **24 Hours in A&E**
2.20 **The Great Pottery Throw Down**
3.35 **to 4.40** AM **Celebrity Hunted**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4&5)
1.05 PM **NCIS** Eight episodes of the series, including at: **7.00** *Hiatus – Part Two:* 24/24. Gibbs emerges from his coma suffering with amnesia. (S3) **8.00** *Shalom:* 1/24. Ziva witnesses an assassination. (S4)
9.00 **Criminal Minds** *Amelia Porter:* 10/23. A triple murder in Utah sees the BAU team visit Salt Lake City. (S10)
10.00 **Law & Order: Special Victims Unit** *Disabled:* 17/24. A woman with multiple sclerosis is found beaten and raped in her home. (S11)
11.00 **Law & Order: Special Victims Unit** (S11)
1.55 AM **Criminal Minds**
2.50 **Law & Order** (S17)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Dogs Behaving (Very) Badly Australia**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Paul 'Jacko' Jackson is forced to draw his Taser. **6.00** A helicopter spots runners from a crash. **7.00** A motorist reports an officer stealing his car. **8.00** A failure to stop turns into a kidnapping.
9.00 **Police: Suspect No 1** Three hooded men subject a family to a violent ordeal at night.
10.00 **Making a Serial Killer** New edition A profile of Jason Thomas Scott.
11.00 **Murdered for Revenge**
12.00 M'T NEW **Evil Among Us: Golden State Killer**
2.10 AM **GPs: Behind Closed Doors** Medical series.
3.00 **Casualty 24/7: Every Second Counts**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
1.05 PM **Trucking Hell**
3.05 FILM **Young Billy Young** Western starring Robert Mitchum. (1969, PG, 89min) ★★
5.00 FILM **The Gunfight at Dodge City** Western starring Joel McCrea. (1958, PG, 81min) ★★★
6.40 FILM **Two Mules for Sister Sara** Western starring Clint Eastwood and Shirley MacLaine. (1969, 15, 114min) ★★★
9.00 FILM **Hang 'Em High** Revenge Western starring Clint Eastwood and Inger Stevens. (1967, 18, 114min) ★★★★
11.25 FILM **Death Wish** Crime thriller remake starring Bruce Willis and Vincent D'Onofrio. (2018, 18, 107min) ★★★
1.35 AM **Police Interceptors**
2.35 **Trucking Heavy**
3.35 **to 4.00** AM **Car Pound Cops**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
11.00 **My Family**
3.00 PM **Outnumbered** Six episodes, including at: **5.40** Ben auditions for the school musical. **6.20** Ben becomes fascinated by the world of psychology.
7.00 **Inside the Operating Theatre** A woman has an operation on her wrist after a year of agony. **8.00** A woman has gel removed from her eye to make her see again.
9.00 **Nurses on the Ward** On the surgical ward, Kat cares for a man recovering from a bowel cancer operation. **10.00** One of Advanced Nurse Practitioner Caroline's patients is deteriorating rapidly.
11.00 **The Good Fight**
1.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.00 AM **The Bill**
11.40 **Lark Rise to Candleford**
3.40 PM **Catherine Cookson's A Dinner of Herbs** Drama with Billie Whitelaw and Tim Healy.
6.40 **Last Tango in Halifax** 4/4. Gillian is pushed to breaking point, while Alan and Celia receive sobering news. (S5)
8.00 **Sister Boniface Mysteries** *Song for the Dead:* 6/10. A member of a band is found dead from a bee sting. (S1)
9.00 **Silent Witness** *One Day:* A woman is killed in a car crash, and the evidence suggests foul play and that the victim's son could be involved in the death.
11.05 **Rebus** *Black and Blue.*
1.15 AM **Rebellion**
2.30 **The Diplomat**
3.20 **to 4.00** AM **Birds of a Feather**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In Snowdonia.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Dr Pimple Popper**
11.00 **The Bad Skin Clinic**
1.00 PM **Helicopter ER**
3.00 **A Place in the Sun**
7.00 **Dr Pimple Popper** Justice has small lesions all over her body that become inflamed. **8.00** Debra has a large, brainlike growth on the side of her head. **9.00** Sisters Cheri and Janice suffer from matching lumps. **10.00** Two brothers have matching lumps. **11.00** Veronica wants to be free of the bump on her backside.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** From Winchester.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Cash Trapped**
5.00 **The Celebrity Chase** Alex James, Ann Widdecombe, Sara Cox and Eamonn Holmes compete for charity. **6.00** With Joe Pasquale, Janet Street-Porter, Mark Durden-Smith and Austin Healey.
7.00 **The Chase** Double bill hosted by Bradley Walsh.
9.00 **The Family Chase** The Lawrence-Harish family from Wolverhampton compete in the quiz.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.00 AM **Wild West Chronicles** Western.
8.30 FILM **Christmas Truce** Drama. (2015, PG) ★★
10.45 FILM **Bitter Victory** Wartime drama. (1957, b/w, PG, 101 min) ★★
1.00 PM **Wanted: Dead or Alive** Triple bill.
2.40 FILM **The Walking Hills** Western drama. (1949, b/w, PG, 78min) ★★
4.25 FILM **North to Alaska** Western adventure. (1960, U, 122min) ★★★
7.00 FILM **Rio Lobo** Western. (1970, PG, 110min) ★★★
9.00 FILM **The Lost Battalion** World War One drama. (2001, 15, 92min) ★★
11.05 FILM **Last Knights** Action adventure. (2015, 15, 112min) ★★
1.30 AM FILM **Arctic Apocalypse** Thriller. (2019, PG, 90min) ★
3.30 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM FILM **A Bride's Nightmare** Thriller. (2020, PG, 85min) ★★
11.10 FILM **A Murderer Upstairs** Crime thriller. (2017, PG, 85min) ★★
1.05 PM FILM **Arachnophobia** Horror thriller. (1990, PG, 106min) ★★★
3.25 FILM **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
5.55 FILM **Catch Me If You Can** Adventure. (2002, 12, 141 min) ★★★★★
9.00 FILM **2 Guns** Thriller with Denzel Washington. (2013, 15, 104min) ★★★
11.20 FILM **Cash** Thriller. (2010, 15, 108min) ★★
1.50 AM FILM **Lost Letter Mysteries: One in a Million** Crime drama. (2016, PG, 84min) ★★
4.00 **to 6.00** AM FILM **Nowhere To Be Found** Thriller. (2019, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Surprised by Love** Romantic comedy. (2015, PG, 84min) ★★
10.05 FILM **October Kiss** Drama. (2015, PG) ★★
12.00 NOON FILM **Love Strikes Twice** Fantasy. (2021, PG, 84min) ★★
1.55 PM FILM **The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
3.45 FILM **Cabin Connection** Romantic drama. (2022, PG, 89min) ★★
5.40 FILM **A Very Country Wedding** Drama. (2019, PG, 90min) ★★
7.45 FILM **Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
9.40 FILM **Sweet Autumn** Drama. (2020, PG) ★★
11.35 FILM **Love Takes Flight** Drama. (2019, PG) ★★
1.45 AM **Highway to Heaven**
2.50 **to 5.00** AM FILM **Tell Me I Love You** Comedy. (2020, PG, 78min) ★★

+1hour 320 63

Rewind TV

182 95

6.25 AM **Flash Gordon's Trip to Mars** 9-11/15. (S1)
7.40 **Roobarb** 23/30. (S1)
7.45 **Auto Rewind**
8.00 **Bewitched** (S1)
9.30 **Dick Turpin** (S3)
12.00 NOON **Department S**
3.00 PM **Married... with Children** 6&7/13. (S1)
4.00 **Bust** 1/6. (S1)
5.15 **Bewitched** (S1)
6.45 FILM **Raise the Titanic** Action drama about a bid to recover minerals from the *Titanic*, starring Jason Robards, Richard Jordan and Anne Archer. (1980, PG, 112min) ★★
9.00 **Police Woman** *Shoefly:* 13/22. Pepper and Crowley are assigned to a murder enquiry. (S1)
10.00 **Department S** (S2)
1.00 AM **Stereo Underground**
2.00 **Bubblegum & Cheese**
3.00 **Stereo Underground**
4.00 **That's My Dog**
5.00 **to 6.00** AM **Hancock**

DMAX

159 169 39 147

6.00 AM **Kindig Customs**
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** The team continue their search for Bigfoot. **8.00** Bryce tries to elicit a response and an encounter with the mysterious creature.
9.00 **UFO Witness** An underwater alien base which may be the site of gruesome experiments. **10.00** Reports of fireballs in the skies of Idaho.
11.00 **Expedition X** A strange phenomenon that haunts Mammoth Cave. **12.00** M'T Strange orbs of light in an active volcano in Washington. **1.00** AM The team explore an abandoned outpost in the rainforest.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Man v Food**
11.00 **James Martin: Delicious** Five editions.
1.30 PM **James Martin's United Cakes of America** From Virginia.
2.00 **James Martin's Islands to Highlands**
3.00 **Great British Bake Off**
9.00 **Adam Richman Eats Football** From Brighton.
9.30 **Adam Richman Eats Britain** Eton Mess.
10.00 **Paul Hollywood: City Bakes** The celebrity baker recreates the classic afternoon tea. **10.30** Paul samples layered honey cake. **11.00** From Naples. **11.30** The baker meets Mette Blomsterberg. **12.00** M'T A bakery set up to supply the Spanish royal family. **12.30** AM Paul visits the Polish city of Warsaw.
1.00 **to 3.00** AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **The Bull of the West** Western. (1972, 12, 90min) ★★
10.00 **The A-Team** 13/13. (S5)
11.00 **Six Million Dollar Man**
3.00 PM **10.5 Apocalypse**
6.40 FILM **Airport 77** Disaster movie starring Jack Lemmon, Lee Grant and James Stewart. (1977, PG, 113min) ★★
9.00 FILM **The Sentinel** Thriller starring Michael Douglas and Kiefer Sutherland. (2006, 12, 108min) ★★★
11.10 FILM **Narrow Margin** Suspense thriller starring Gene Hackman and Anne Archer. (1990, 15, 97min) ★★★
1.05 AM FILM **The Butterfly Effect** Sci-fi thriller starring Ashton Kutcher. (2003, 15, 113min) ★★★
3.15 **to 5.00** AM FILM **Sacrifice** Horror. (2020, 15, 87min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Riddles of the Sphinx** Action adventure. (2008, 12, 89min) ★★
8.00 FILM **Monster Hunters** Fantasy adventure. (2020, 15, 88min) ★
10.00 FILM **The Blood Beast Terror** Period chiller. (1967, 12, 88min) ★
12.00 NOON FILM **2021: War of the Worlds** Thriller. (2021, 12, 78min) ★★
2.00 PM FILM **At the Earth's Core** Sci-fi adventure starring Doug McClure. (1976, PG, 86min) ★★★
4.00 **Star Trek** 3-7/30. (S1)
9.00 FILM **Blood from the Mummy's Tomb** Horror starring Andrew Keir. (1971, 15, 87min) ★★★
10.55 FILM **Vampire Circus** Hammer horror chiller starring Adrienne Corri. (1971, 15, 87min) ★★★
12.55 **to 3.00** AM FILM **The Flock** Thriller. (2007, 18, 105min) ★★★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Hardcore Pawn**
8.00 **Auction Hunters: Pawn Shop Edition**
10.00 **Alien Files: Unsealed**
11.00 **Alien Corridors**
12.00 NOON **UFOs: The Lost Evidence**
1.00 PM **UFO Hunters**
7.00 **Secrets of Great British Castles**
8.00 **The Curse of Oak Island**
9.00 **Secrets of the Lost Liners** The ill-fated ocean liner *Titanic*, which sank on its maiden voyage.
10.00 **Medieval Dead** The team examine skulls from a 1499 battle.
11.00 **Traitors** The story of a Russian General who switched sides.
12.05 AM **History's Greatest Mysteries** Nine hikers found mutilated on a remote mountain slope.
1.05 **Breaking Mysterious**
2.00 **Auction Kings**
3.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 138 46 133

9.00 AM **Eggheads**
9.25 **Smart Meters: Are They Really Worth It?**
10.25 **Bargain Holidays: Get The Best Deals**
11.25 **Columbo** Five episodes of the crime drama with Peter Falk, including at: **7.00** PM *Columbo and the Murder of a Rock Star:* The detective pits his wits against a lawyer who murdered his rock star girlfriend and framed her lover for the crime.
9.00 **Britain's Killer Hurricane of 1990** The story of one of the worst storms to hit the UK in centuries.
10.20 **Tony Robinson's History of Britain** The actor examines the nation under the rule of the Roman Empire.
11.20 **The Colosseum: The Arena of Death with Dan Snow**
12.20 **to 4.00** AM **Inside the Tower of London**

HGTV

158 191 44 149

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Escape to the Country**
1.00 PM **Escape to the Country** Six editions of the series in which people set out to find their ideal rural retreats with the help of a property expert.
7.00 **A Place in the Sun** John and Della ask Jasmine Harman to help them find the perfect holiday home on Cyprus.
8.00 **A Place in the Sun** Five further editions featuring advice on buying a second home abroad.
1.00 AM **Bargain Mansions** Tamara restores an 1892 Craftsman-turned-apartment building. **1.30** Tamara adds a master bathroom to her Craftsman renovation.
2.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Sister Wives**
7.00 **Good Bones** Mina and Karen buy a house on a hill with the potential to be a real charmer.
8.00 **The Bad Skin Clinic** A woman whose thick skin on her feet is preventing her walking.
9.00 **Dr Pimple Popper**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
3.00 **Sex Sent Me to the ER**
4.00 **Good Bones**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Friends** (S6)
1.00 PM **Friends** (S6)
6.50 FILM **Another Stakeout** Comedy thriller sequel with Richard Dreyfuss, Emilio Estevez and Rosie O'Donnell. Two Seattle cops and an assistant DA pose as a family to find a missing witness. (1993, PG, 109min) ★★
9.00 FILM **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor as two men – one deaf, the other blind – arrested for a murder they didn't commit. (1989, 15, 107min) ★★★
11.00 **Michael McIntyre: Happy & Glorious**
12.00 M'T **Mike Judge's Beavis and Butt-Head**
2.00 AM **Whose Line Is It Anyway? USA**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Criminally Funny**
4.30 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 9/25. Monica's parents arrive for Thanksgiving. **7.30** 10/25. Ross and Monica perform their high-school dance routine for a TV show. **8.00** 11/25. Joey finally dates Janine. **8.30** 12/25. Ross and Chandler bicker over who created a joke. (S6) **9.00** 1/24. An ecstatic Monica celebrates her engagement to Chandler. **9.30** 2/24. Monica excitedly starts making wedding plans. (S7)
10.00 **Friends** (S7)
2.00 AM **New Girl** (S2)
3.00 **The Daily Show**
5.00 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Digman!**

Sky Replay

152 156

7.00 AM **The Real A&E**
9.30 **Four Weddings**
11.30 **Bondi Rescue**
2.00 PM **MacGyver** (S1)
7.00 **Coroner** *Emerge:* 1/12. Jenny's sabbatical is interrupted when the body of a young boy washes up on the beach. **8.00** *Cutting Corners:* 2/12. A teenager's death sparks tension. **9.00** *Neighbourhood Watch:* 3/12. Jenny learns to work with the new coroner. **10.00** *Heartbeet:* 4/12. Jenny reunites with an old flame. **11.00** *Degargoony:* 5/12. A death in a tight-knit community reveals the holes in the refugee system. (S4)
12.00 M'T **A League of Their Own Road Trip: Southeast Asia**
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 6/13. (S4)
6.25 **16 and Pregnant**
7.10 **Catfish UK**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** A girl seeks help in finding out why her boyfriend has started to behave strangely.
9.00 **Inside Nandos** The inside story of the chicken restaurant.
10.00 **Geordie Shore** The Geordie lads hit Ko Samui for Kyle's stag do.
11.00 **Jersey Shore Family Vacation** New edition The gang settle in for a summer at the Shore.
12.00 M'T **Caught in the Act: Unfaithful** Reality series.
1.00 AM **The Challenge: Battle of the Eras**
2.30 **Ridiculousness**
2.50 **Catfish: The TV Show**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Alaska: Homestead Rescue** The Raneys answer an urgent call from central Alaska. **2.00** PM The Raneys arrive at a Washington State homestead and find the cabin collapsed. **4.00** A Kentucky homestead built in a ghost town drowns in floods, so the Raneys devise a livestock escape pod.
6.00 **Scrap Kings** In Grimsby, the team members have their work cut out when demolishing a pigeon-infested shopping centre.

9.00 On the Roam

7.00 **Alaska: Homestead Rescue** The Raneys find a Montana homestead struggling through food, predator and power problems, so Marty and Matt enlist a community of firefighters to help.

9.00 **On the Roam** New edition Jason Momoa and Slash uncover the stories behind iconic instruments.

10.00 **Custom Carolina** Tommy and the crew must finish up a 1954 Chevy Corvette build before a local car show.

11.00 **Texas Metal** An antique 1953 tanker tests the team as one of their biggest builds to date.
12.00 M'T **Naked and Afraid: Solo** Survivalists struggle to endure 21 days in extreme locations.
1.00 AM **Naked and Afraid: Solo**
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **How Do Animals Do That?**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Guardians of Rescue**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Amy debates emergency surgery for a French bulldog that ate its favourite toy.
6.00 **Extinct or Alive** Forrest Galante searches for the extinct Caribbean monk seal.

7.00 Amanda to the Rescue

7.00 **Amanda to the Rescue** Super Scootie has malformed legs amongst an array of other health issues and needs help.

8.00 **Crikey! It's the Irwins** Robert and Chandler catch some waves before going to pick up a new Komodo dragon.

9.00 **Crikey! It's the Irwins** Chandler must handle a koala crisis, while Terri lends a hand to care for an influx of puggles.

10.00 **Alaska: The Last Frontier** Jewel flies in with her son to visit Atz Sr on the *Yuletide* to celebrate his birthday.

11.00 **Swimming with Monsters with Steve Backshall** The host joins forces with experts to swim with deadly animals.
12.00 M'T **Rugged Justice**
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Ice Road Rescue**
12.00 NOON **Air Crash Investigation**
3.00 PM **Seconds from Disaster**
4.00 **Defending Europe** Historian Alex Churchill discovers how Britain tackled Napoleon, while archaeologist Tony Pollard explores Rochester Castle and an infamous medieval siege.
5.00 **Apocalypse: The Rise of Hitler** 1/2. A look at the dictator's rise to power. **6.00** 2/2. The run-up to Hitler becoming chancellor.

8.00 Lost Treasures of the Bible

7.00 **King Tut in Colour** Tutankhamun's tomb through the colorisation of black-and-white newsreel and photographs.

8.00 **Lost Treasures of the Bible** New edition Archaeological teams uncover civilisations featured in the Bible.

9.00 **Egypt's Sun King: Secrets and Treasures** The first newly discovered tomb containing a body since Tutankhamen was found.

10.00 **Lost Tombs of the Pyramids** In the shadow of the pyramids, an elite team of archaeologists embark on an excavation.

11.00 **Drain the Oceans: Deep Dive** Documentary.
12.00 M'T **Air Crash Investigation**
2.00 AM **Lords of War**
2.55 **Food Factory** Double bill.
3.45 **Made in a Day**
4.10 **Abandoned** An old church.
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Salvage Kings**
8.00 **Pawn Stars** Double bill.
10.00 **Storage Wars** Four editions.
2.00 PM **Rome: Rise and Fall of an Empire** The emperor Aurelian's rise to power. **3.00** A look into how Constantine I became the first Christian Emperor. **4.00** A profile of the half-Vandal general Stilicho. **5.00** How Ricimer became the power behind the throne. **6.00** Exploring how the Barbarian tribes brought about the Empire's downfall.

9.00 Einsatzgruppen

7.00 **Royal Murder Mysteries** The fate of Josslyn Hay, the controversial 22nd Earl of Erroll and staunch supporter of Hitler.

8.00 **Royal Murder Mysteries** The death of the Duke of Kent, which has led to accusations of the Royal Family erasing him.

9.00 **Einsatzgruppen: The Nazi Death Squads** The mass executions carried out by the Third Reich's Einsatzgruppen.

10.00 **Einsatzgruppen: The Nazi Death Squads** How Romania, Hungary and the Baltic states were declared 'Judenfrei'.

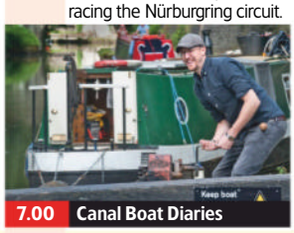
11.00 **Alien Contact: The Pascagoula UFO Encounter** Documentary examining evidence apparently supporting the existence of extraterrestrial life.
12.45 AM **Storage Wars**
4.00 **to 6.00** AM **Rome: Rise and Fall of an Empire**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Abandoned Engineering**
8.00 **World War Two from Above**
10.00 **Train Truckers** Double bill.
12.00 NOON **Martin Clunes: Islands of Australia**
1.00 PM **Our Guy in Russia**
3.00 **Guy's Road to Chernobyl**
4.05 **Guy Martin: Last Flight of the Vulcan Bomber** The mechanic explores the last functioning Vulcan bomber.
5.25 **Guy Martin: The World's Fastest Van?** Transforming a van into a vehicle capable of racing the Nürburgring circuit.



7.00 Canal Boat Diaries

7.00 **Canal Boat Diaries** Robbie Cumming heads across the Pennines. **7.30** Robbie travels along the Rochdale Canal.

8.00 **Find It, Fix It, Flog It** Henry and Simon head to Shropshire to help Marvin and Karen with some decluttering.

9.00 **One Foot in the Grave** Victor and Margaret get stuck in a traffic jam. **9.40** When the Meldrew household falls foul of an evil curse, Victor resolves to drive it out. **10.20** The Meldrews broaden their horizons with a visit to the BBC.

11.00 **Bangers & Cash** Dave collects a 1965 Land Rover from a stately home – and it turns out that the trusty car has a real pedigree.
12.00 M'T **Canal Boat Diaries**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Martin Clunes: Islands of Australia**

+1hour 255 329

Sunday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Combat Dealers**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **The Travelling Auctioneers** Double bill.
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Yorkshire Auction House** With Syd Little and Cheryl Baker.
8.00 **The Repair Shop** Items include a Bakelite radio and an Indian painting. **9.00** The experts restore a football scrapbook.
10.00 **Richard Hammond's Workshop** Richard pushes the Smallest Cog to clinch their most important restoration..
11.00 **Wheeler Dealers**
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **Murder in the Heartland** Four editions.
7.00 **Murder in the Heartland** Motel desk clerk Mary Klatt is strangled to death. **8.00** The case of 22-year-old Liz Syperda.
9.00 **Jessica Chambers: A Murder Mystery** A look into the brutal murder of 19-year-old Jessica Chambers.
11.00 **Faking It: Tears of a Crime** How five-year-old Logan Mwangi was killed.
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** Melissa White.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **A Stranger in My Home** An old man's death proves mysterious. **6.00** Nancy Pfister befriends her new neighbours, but one person is soon left dead.
7.00 **Killers: Caught on Camera** In Michigan, a young couple are found dead in a shed. **8.00** In Colorado, a woman goes missing.
9.00 **Donal MacIntyre's Released to Kill** A killer strikes again whilst on day release from prison. **10.00** The case of Marvyn Iheanacho.
11.00 **Real Detective: North of the Border**
12.00 M'T **Killers: Caught on Camera** Double bill.
2.00 AM **Injustice with Nancy Grace**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Donal MacIntyre's Murder Files**
2.00 PM **Medical Detectives** Incriminating fibres lead investigators to the killer. **2.30** A girl's performance in a school play reveals she is keeping a secret. **3.00** Insects and a suspicious blonde hair help to track a killer. **3.30** A young boy is killed in a mysterious fire. **4.00** The body of a man is found 30 years after he was murdered. **4.30** A man is found dead in a doctor's office.
5.00 **Donal MacIntyre's Murder Files** A look at the fatal poisoning of Lakhvinder Cheema.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Frontline Crime UK** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Most Evil Killers**
12.00 NOON **Killer in My Village** Stuart Ludlam.
1.00 PM **Most Evil Killers**
2.00 **Love You to Death**
3.00 **Forensics: Catching...**
4.00 **The Killer Within**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
8.00 **Forensics: Catching the Killer** True-crime.
9.00 **Face to Face with Scott Peterson**
10.10 **Menendez & Menudo: Boys Betrayed**
11.20 **World's Most Evil Killers**
12.15 AM **Killer Siblings**
1.10 **Killer in My Village**
3.00 **Caught on Dashcam**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Forgotten Allies: The Search for Burma's Lost Heroes**
9.35 **WW2: Battle of Crete**
1.00 PM **Beautiful Serengeti**
1.40 **The Exiles: Secretly Deported** Double bill.
3.50 **Betrayed: Surviving an American Concentration Camp**
5.05 **Dreadnought Destruction: Sinking the German High Seas Fleet** Documentary.
6.15 **WW2: Battle of Crete**
9.50 **Forgotten Allies: The Search for Burma's Lost Heroes** Burmese men who fought for Britain.
10.50 **Dreadnought Destruction: Sinking the German High Seas Fleet** Documentary.
12.00 M'T **Betrayed: Surviving an American Concentration Camp**
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Rod Steiger**
7.00 **Discovering: Gina Lollobrigida**
8.00 **The Directors**
9.00 **Sergio Leone: The Italian Who Invented America**
11.00 FILM **The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
1.00 PM **Chernobyl: The Lost Tapes**
3.00 **I Am Paul Walker**
4.45 **Tina** A celebration of Tina Turner's life and career.
7.00 **Becoming Madonna** Documentary charting Madonna's rise to stardom.
9.00 **Anatomy of Lies** Series finale 3/3. Jennifer Beyer begins a quest to reveal the truth.
10.00 **Phoenix Rising** 1/2. Evan Rachel Wood reflects on her experience of domestic violence. **11.30** 2/2. Evan Rachel Wood meets with investigators.
1.00 AM **Doom Scroll: Andrew Tate and the Dark Side of the Internet** Documentary.
2.50 **BS High** Documentary.
4.50 **My Icon: Shaun Gayle**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
9.00 **Land of Gremlins**
12.00 NOON **Micro Monsters with David Attenborough** Battles and rivalries in the bug world. **12.30** PM How bugs defuse the defences of their prey. **1.00** Courtship in the bug world. **1.30** The mating habits of bugs. **2.00** Bugs that prefer co-operation to conflict. **2.30** Insect colonies.
3.00 **David Attenborough's Galapagos** Triple bill.
6.00 **Wildlife ER** Documentary.
7.00 **A Cheetah's Pride** New edition Chilli stalks a warthog, and Inara searches for her cubs.
8.00 **Airborne** New edition Exploring how animals use air to their advantage when finding and keeping a mate.
9.00 **Nature's Mass Attacks**
11.00 **A Cheetah's Pride** As 7.00pm.
12.00 M'T **Secret Life of the Tasmanian Devil** Double bill.
2.00 AM **Land of Gremlins**
5.00 **to 6.00** AM **How the Wild Things Sleep**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.50 **What on Earth?**
10.50 **Traitors** Marcus Wolf.
12.00 NOON **The Egyptian Book of the Dead** Documentary.
2.00 PM **What on Earth?**
3.00 **Ancient Aliens** Double bill.
5.00 **Behind History**
6.00 **Dunkirk** The evacuation of Allied troops in 1940.
7.00 **Ancient Aliens** Examining whether hilltop spirits could have been extraterrestrials.
8.00 **Ghost Ships** A ship that is said to sail ablaze in the waters off the coast of eastern Canada.
9.00 **Medieval Murder Mysteries** The death of Elizabethan noblewoman Amy Dudley.
10.00 **Hitler's Handmaidens** Female involvement in the Holocaust.
11.00 **Ancient Aliens** Exploring the origins of mythical gods. **12.00** M'T A look at whether the Ark of the Covenant holds links to extraterrestrials. **1.00** AM As 7.00pm.
2.00 **The Lost City of Ramses II**
4.00 **to 6.00** AM **Phantom Signals**

Crime+Investigation

156 837 133

6.00 AM **Nightmare in Suburbia**
8.00 **#Textmewhenyougethome**
1.00 PM **Green Eyed Killers**
5.00 **Secrets of the Morgue**
6.00 **Jo Frost on Britain's Killer Kids** The youngest female killer to be sentenced in the UK.
7.00 **The First 48** Documentary.
8.00 **Prison Brides** A student meets her future husband who is serving 50 years in Texas.
9.00 **Cold Case Files**
10.00 **Very Scary People** New edition Donnie Wahlberg examines the lives of the most diabolical criminals in recent history.
11.00 **The Killer Interview with Piers Morgan** Kimberly Saenz.
12.00 M'T **Jo Frost on Britain's Killer Kids** As shown at 6.00pm.
1.00 AM **Very Scary People**
2.00 NEW SERIES **The Eunuch Maker** Investigating the crimes of Marius Gustavson.
3.00 **Secrets of the Morgue**
4.00 **to 6.00** AM **#Textmewhenyougethome**

+1 hour 256 333

WILD

165 841 182

8.00 AM **America's National Parks: Hidden Gems** Triple bill.
11.00 **Africa's Hunters**
1.00 PM **Hidden Wonders of Europe** Double bill of editions.
3.00 **Japan's Wild Year**
4.00 **Asia's Weirdest**
5.00 **Secrets of the Zoo**
7.00 **Heartland Docs** Erin performs surgery on a dog with a uterus ten times its normal size.
8.00 **Eye of the Leopard** Following two years in the life of a female leopard in Botswana, which was eight days old when recording began.
9.00 **Sea of Hope: America's Underwater Treasure** Footage of wildlife along America's coast, shot over the course of a year.
10.00 **Africa's Hidden Wonders** A look at the wildlife of Ethiopia, exploring the inhabitants of the lakes and mountains that lie beyond the country's deserts.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **The Restoration Man**
12.00 NOON **Combat Dealers**
3.00 PM **Treasure Quest: Snake Island** Triple bill.
6.00 **Codes and Conspiracies** The idea of 'ancient astronauts'. **7.00** Exploring America's founding fathers, including which one used sex as an instrument of diplomacy. **8.00** Exploring cults in the US.
9.00 **In Search of Monsters** Paranormal investigations reveal stunning new evidence about the Jersey Devil, a monster that prowls the Pine Barrens of New Jersey. **10.00** Investigators reveal a bold new theory about the origins of the Wendigo. **11.00** Experts investigate shocking new DNA evidence that links one of the world's most elusive figures.
12.00 M'T **Alien Abduction: Travis Walton** Documentary.
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Five editions.
6.00 **The Architecture the Railways Built** Tim Dunn visits Ribblehead Viaduct and tours the breathtaking stations of the Hungerbergbahn in Innsbruck. **7.00** Tim explores Metroland, the area around the Metropolitan Railway. **8.00** Tim heads to the ornate St Pancras station in London and its sister hotel. **9.00** Exploring the disused Tube station Down Street in Mayfair. **10.00** Tim visits the Ffestiniog railway and learns about Amsterdam Centraal. **11.00** Tim visits London's King's Cross and learns of Bristol's funicular railway.
12.00 M'T **The Architecture the Railways Built** Six editions.
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

8.00 AM **True Conviction**
10.00 **The Killer in My Family**
12.00 NOON **On the Case with Paula Zahn** Double bill.
2.00 PM **Murder Chose Me**
4.00 **Til Death Do Us Part**
6.00 **Deadline: Crime with Tamron Hall** The story of a woman's 28-year search for her sons. **7.00** How revelations led to the deterioration of a relationship.
8.00 **Evil Online** The case of David Pauley, who secured a ranch worker job he had seen advertised on Craigslist, before disappearing shortly afterwards.
9.00 **Deadly Influence: The Social Media Murders** An Instagram sex guru becomes entangled with a Sin City resident.
10.00 **High Speed Chase** In Florida, a carjack sparks a police chase.
11.00 **Unbreakable: Live to Tell**
12.00 M'T **True Nightmares**
2.00 AM **Evil Online** Double bill.
4.00 **Death by Fame**
5.00 **to 6.00** AM **Calls from the Inside**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Head 2 Head**
7.00 **Wheeler Dealers** Mike and Elvis decide to take a gamble on a TVR Griffith. **8.00** Mike hopes that by making a few minor changes, he will be able to double the price on a 1985 Mercedes 300 TD he picked up for a bargain. **9.00** Mike and Edd are asked to restore a powerful, luxury 1983 Mercedes 500 SEC, but face a challenge in returning it to its former glory. **10.00** Mike conducts a refresh on a 1987 Mercedes 560SL. **11.00** Edd sets out to restore a Mercedes-Benz SLK. **12.00** M'T 1&2/2. A project to restore a Mercedes 190-E.
1.00 AM **Alaska Mega Machines**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Coup!** Comedy thriller. (2023, 12, 98min) ★★★★
7.45 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
9.30 PREMIERE **Twilight of the Warriors: Walled In** (2024)
11.50 **Godzilla x Kong: The New...**
1.50 PM **A Quiet Place: Day One** Horror. (2024, 15) ★★★★
3.35 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
5.45 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★

11.40 Twilight of the Warriors

8.00 **Godzilla x Kong: The New Empire** Fantasy adventure starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. With Brian Tyree Henry. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Get Away** Horror comedy with Nick Frost. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 PREMIERE **Twilight of the Warriors: Walled In** Hong Kong action thriller. Subtitled. (2024, 15, 126min) ★★★
See review, page 23.
1.55 AM **Slingshot** As 3.35pm.
4.05 **I.S.S** Sci-fi thriller. (2023, 15, 95min) ★★★
5.45 **to 6.05** AM **The Cinema List: Biopic**

Sky Cinema Hits

303 403 503 517

6.50 AM **Hook** As shown at 1.15am.
9.15 **Jumanji** As shown at 11.15pm.
11.15 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
1.00 PM **Kung Fu Panda 2** Animated comedy sequel. (2011, PG, 90min) ★★★★
2.45 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
4.35 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
6.00 **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★

8.00 Stuart Little

8.00 **Stuart Little** Fantasy adventure with the voice of Michael J Fox. A family adopt a talking mouse as a brother for their nine-year-old son – to the horror of their cat. (1999, U, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Stuart Little 2** Children's fantasy adventure sequel featuring the voices of Michael J Fox and Melanie Griffith. Romance enters the life of talking mouse Stuart Little when he rescues an injured bird from a predatory falcon. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Jumanji** Fantasy with Robin Williams and Bonnie Hunt. (1995, PG, 104min) ★★★★
1.15 AM **Hook** Fantasy adventure. (1991, U, 140min) ★★★
3.45 **Problem Child** Comedy. (1990, PG, 81min) ★
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.55 AM **The Cinema List: Musicals**
7.10 **All That Jazz** As 4.10am.
9.20 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
11.55 **Shakespeare in Love** Comedy. (1998, 15, 122min) ★★★★
2.00 PM **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★
4.10 **The King's Speech** Drama with Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
6.10 **The Unlikely Pilgrimage of Harold Fry** Drama starring Jim Broadbent and Penelope Wilton. (2023, 12, 108min) ★★★
8.00 **The Theory of Everything** Biopic of Stephen Hawking, exploring his relationship with wife Jane and groundbreaking work in the face of deteriorating health. Stars Eddie Redmayne. (2014, 12, 120min) ★★★★
10.05 **8 Mile** Urban drama starring Eminem and Kim Basinger. (2002, 15, 112min) ★★★
12.00 M'T **The Unlikely Pilgrimage of Harold Fry** As 6.10pm.
1.55 AM **Mo' Better Blues** Drama starring Denzel Washington. (1990, 15, 127min) ★★★
4.10 **to 6.15** AM **All That Jazz** Musical starring Roy Scheider. (1979, 15, 123min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.05 AM **The Cinema List: Spectacular Sci-Fi**
6.25 **Paycheck** As 12.30am.
8.35 **Vampire in Brooklyn** (1995)
10.25 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
12.20 PM **The Crazies** Horror thriller. (2010, 15, 101min) ★★★★
2.20 **Zombie Town** Comedy horror starring Dan Aykroyd and Chevy Chase. (2023, 12, 92min) ★★
4.05 **War of the Worlds** Steven Spielberg's sci-fi adventure. (2005, 12, 116min) ★★★★
6.10 **Ghostbusters** Comedy starring Bill Murray and Dan Aykroyd. (1984, 12, 105min) ★★★★
8.00 **Minority Report** Steven Spielberg's sci-fi thriller starring Tom Cruise and Colin Farrell. (2002, 12, 145min) ★★★★
10.40 **The Woman in Black** Supernatural chiller starring Daniel Radcliffe and Ciarán Hinds. (2012, 12, 91min) ★★★★
12.30 AM **Paycheck** Sci-fi thriller starring Ben Affleck, Uma Thurman and Aaron Eckhart. (2003, 12, 119min) ★★★★
2.35 **Vampire in Brooklyn** Horror comedy starring Eddie Murphy. (1995, 15, 101min) ★★
4.30 **to 6.10** AM **Zombie Town** (2023)

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

6.05 AM **The Adventures of Sharkboy and Lavagirl in 3-D**
7.50 **The Little Rascals** As 2.50am.
9.25 **NeverEnding Story** Fantasy. (1984, U, 94min) ★★★
11.15 **The Hobbit: An Unexpected Journey** (2012, 12) ★★★
2.15 PM **Addams Family Values**
4.00 **The Hobbit: Battle of the Five Armies** (2014, 12) ★★★
6.30 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★

4.00 ...Battle of the Five Armies

The Lord of the Rings: The Two Towers (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Spiderwick Chronicles** Fantasy adventure starring Freddie Highmore. Three siblings find their great-great uncle's guide to the fantastical world. (2008, PG, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Addams Family Values** Comedy sequel starring Anjelica Huston and Raul Julia. (1993, PG, 92min) ★★★★
1.10 AM **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure. (2005, U, 98min) ★★
2.50 **The Little Rascals** Family comedy. (1994, U, 83min) ★★
4.20 **to 6.10** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Stunts
307 407 507 521

6.25 AM **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
8.50 **Pain & Gain** (2013, 15) ★★★
11.00 **Mission: Impossible** Thriller. (1996, PG, 110min) ★★★
12.55 PM **Mission: Impossible II** Espionage thriller sequel. (2000, 15, 124min) ★★★
3.05 **Mission: Impossible III** Thriller. (2005, 12) ★★★★
5.15 **Mission: Impossible – Dead Reckoning Part One** Thriller. (2023, 12, 163min) ★★★★

10.10 Dungeons & Dragons

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Dungeons & Dragons: Honour Among Thieves** Action adventure starring Chris Pine. A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a lost relic. With Hugh Grant. (2023, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Days of Thunder** Drama. (1990, 15, 107min) ★★★
2.20 **Silent Night** Action thriller. (2023, 15, 104min) ★★★★
4.10 **to 6.00** AM **Sisu** Thriller. (2022, 15, 88min) ★★★

Sky Cinema Comedy
308 408 508 522

6.50 AM **Boomerang** Comedy. (1992, 15, 117min) ★★
8.55 **Snack Shack** Comedy. (2023, 15, 107min) ★★★
10.55 **In & Out** As 9.45pm.
12.30 PM **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
2.20 **Anger Management** (2003)
4.10 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
6.00 **White Chicks** Comedy starring Shawn and Marlon Wayans. (2004, 15, 109min) ★

6.00 White Chicks

8.00 **Horrible Bosses** Farcical comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three longtime friends hatch a plot to get rid of their tyrannical employers. (2011, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **In & Out** Comedy starring Kevin Kline, Tom Selleck and Joan Cusack. A small-town teacher's life is turned upside down when he is outed as gay by a former pupil on TV. (1997, 12, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Anger Management** Comedy starring Adam Sandler, Jack Nicholson and Marisa Tomei. (2003, 15, 105min) ★★★★
1.10 AM **Happy Gilmore** Comedy starring Adam Sandler and Christopher McDonald. (1996, 12, 92min) ★★★
2.45 **White Chicks** As 6.00pm.
4.45 **to 6.30** AM **Brewster's Millions** As shown at 4.10pm.

Sky Cinema Thriller
309 409 509 523

6.00 AM **The Cinema List: Sky Original Thrillers**
6.15 **Missing** As shown at 10.15pm.
8.20 **Hanna** Action thriller. (2011, 12, 106min) ★★★★
10.25 **Now You See Me 2** (2016)
12.50 PM **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
3.20 **Angels & Demons** Mystery. (2009, 12, 138min) ★★
5.50 **Inferno** Thriller starring Tom Hanks and Felicity Jones. (2016, 12, 121min) ★★★

10.15 Missing

8.00 **Now You See Me 2** Crime thriller sequel starring Jesse Eisenberg and Mark Ruffalo. A gang of magicians-turned-criminals reunite to expose the activities of a ruthless businessman. With Daniel Radcliffe and Morgan Freeman. (2016, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Missing** Thriller starring Storm Reid. When her mother goes missing while on vacation with her boyfriend, a woman searches for answers. (2023, 15, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **American Star** Mystery thriller starring Ian McShane. (2023, 15, 107min) ★★★★
2.15 **Along Came a Spider** Crime thriller with Morgan Freeman. (2001, 15, 103min) ★★★
4.15 **to 6.00** AM **Ruthless** Action thriller with Dermot Mulroney. (2023, 15, 92min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
1.05 PM **Close Encounters of the Third Kind** Sci-fi classic. (1977, PG, 135min) ★★★★★
3.50 **Clear and Present Danger** Action thriller with Harrison Ford and Willem Dafoe. (1994, 12, 141min) ★★★
6.35 **Deep Impact** Disaster movie starring Robert Duvall. (1998, 12, 123min) ★★★★

9.00 London Has Fallen

Deep Impact (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **London Has Fallen** Action thriller sequel to *Olympus Has Fallen*, starring Gerard Butler. The US president and the head of his Secret Service must foil a terrorist attack on the city of London. (2016, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Arkansas** Crime thriller starring Liam Hemsworth, John Malkovich and Clark Duke, who also co-wrote and directed. (2020, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 **to 3.35** AM **Sweet Country** Australian drama with Bryan Brown and Hamilton Morris. (2017, 15, 113min) ★★★★

+1 hour 314 430 47 301

8 PM
9 PM
10 PM
11 PM

Sky Cinema Icons
302 402 502 516

6.05 AM **The Blind Side** As 5.35am.
8.20 **Brewster's Millions** As 2.00am.
10.05 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
12.05 PM **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
1.55 **Hook** Steven Spielberg's fantasy. (1991, U, 140min) ★★★
4.20 **The Men Who Stare at Goats** Comedy with George Clooney. (2009, 15, 89min) ★★★
6.00 **Ocean's Eleven** Caper thriller with George Clooney, Brad Pitt, Julia Roberts and Andy Garcia. (2001, 12, 116min) ★★★★
8.00 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. (2000, 15, 133min) ★★★★
10.15 **Airplane!** Spoof of air-disaster movies starring Robert Hays, Julie Hagerty and Leslie Nielsen. (1980, 12, 86min) ★★★★★
11.55 **Gran Torino** Clint Eastwood's drama. (2008, 15) ★★★★
2.00 AM **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
3.50 **Daddio** Drama with Sean Penn. (2023, 15, 101min) ★★★★
5.35 **to 7.50** AM **The Blind Side** Drama. (2009, 12, 129min) ★★★

Sky Cinema Greats
304 404 504 518

6.50 AM **The Untouchables** (1987)
8.50 **Blackhat** As shown at 12.05am.
11.05 **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★
1.30 PM **Catch Me If You Can** Steven Spielberg's adventure. (2002, 12, 141min) ★★★★★
3.50 **Philadelphia** Legal drama. (1993, 12, 122min) ★★★★
6.00 **Back to the Future** Comedy. (1985, PG, 115min) ★★★★★
8.00 **Back to the Future Part II** Time-travel comedy adventure sequel starring Michael J Fox and Christopher Lloyd. Marty McFly is whisked into the future where he has to save his son. (1989, PG, 107min) ★★★
10.00 **Back to the Future Part III** Time-travel comedy adventure sequel starring Michael J Fox and Christopher Lloyd. Marty McFly learns that Doc is stranded in the Wild West. (1990, PG, 112min) ★★★★
12.05 AM **Blackhat** Crime drama. (2015, 15, 128min) ★★★★
2.25 **The Cinema List: Biopic**
2.50 **The Untouchables** Brian De Palma's gangster thriller. (1987, 15, 119min) ★★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation
305 412 500 514

6.10 AM **Mummies** Animated comedy. (2023, U, 88min) ★★★
7.45 **Maya the Bee** Animated adventure. (2014, U, 86min) ★★
9.25 **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★
10.55 **Surf's Up** As shown at 7.55pm.
12.30 PM **The Prince of Egypt**
2.20 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
4.00 **Spider-Man: Across the Spider-Verse** As 9.25pm.
6.25 **Antz** Animated family comedy. (1998, PG, 83min) ★★★
7.55 **Surf's Up** Animated comedy featuring the voices of Shia LaBeouf and Zooey Deschanel. (2007, PG, 85min) ★★★★
9.25 **Spider-Man: Across the Spider-Verse** Animation featuring the voices of Shameik Moore and Hailee Steinfeld. (2023, PG, 140min) ★★★★
11.50 **Antz** As shown at 6.25pm.
1.20 AM **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
3.05 **The Prince of Egypt** Animated epic. (1998, U, 99min) ★★★★
4.50 **to 6.10** AM **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U, 72min) ★★

Movies 24
312 419

7.00 AM **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
9.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
11.00 **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★
1.00 PM **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
3.00 **PREMIERE** **Autumn at Apple Hill** Comedy starring Erin Cahill. (2024, PG, 84min) ★★
5.00 **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
7.00 **Dancing Detective: A Deadly Tango** Mystery starring Will Kemp. (2023, PG, 84min) ★★
9.00 **The Magic of Lemon Drops** Fantasy with Lyndsy Fonseca. A woman is given magic lemon drops which let her see how her life could have been different. (2024, PG, 84min) ★★
11.00 **Aurora Teagarden Mysteries: Honeymoon, Honeymurder** Drama. (2021, PG, 84min) ★★
1.00 AM **Styled with Love** Romantic comedy starring Rachel Bles. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **The Professional Bridesmaid** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Force on Thunder Mountain** Sci-fi adventure. (1977, U, 93min) ★
7.55 **Hudson's Bay** Adventure. (1940, b/w, U, 95min) ★★★
9.50 **Look at Life** Documentary.
10.05 **Dick Barton at Bay** Adventure. (1950, b/w, U, 68min) ★★
11.25 **It Can Be Done Amigo** Comedy Spaghetti Western. (1972, PG, 119min) ★★
1.25 PM **Batman** 33/34. (S1)
2.00 **The Man in the Iron Mask** Swashbuckling adventure. (1976, PG, 101min) ★★★
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town** Documentary.
5.00 **The Footage Detectives**
6.00 **Jassy** Period melodrama. (1947, PG, 102min) ★★
8.00 **Gideon's Way** 2/26. (S1)
9.05 **The Wheeltappers and Shunters Social Club** 7/7. (S1)
9.55 **Up Pompeii** Comedy with Frankie Howerd. (1971, 15, 90min) ★★
11.45 **The Heritage Chart Show**
12.50 AM **Falstaff: Chimes at Midnight** Period drama. (1965, b/w, U, 119min) ★★
3.10 **Not Wanted on Voyage** Comedy. (1957, b/w, U, 82min) ★★
4.55 **The Texan** 9/37. (S1)
5.30 **to 6.00** AM **The Larkins**

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
6.30 LIVE **DP World Tour Golf Continental Europe v Great Britain & Ireland.** Coverage of the third day's play of the Team Cup, a three-day match play contest staged at Abu Dhabi Golf Resort in United Arab Emirates.
12.00 NOON **Sports Sunday**
2.30 PM LIVE **SPFL Aberdeen v Hearts.** Coverage of the Scottish Premiership match staged at Pittodrie. Aberdeen are enjoying an excellent season so far and prevailed 3-2 when the sides last met here in October, but Hearts did hold them to a 1-1 draw when the teams faced each other at Tynecastle in December. Kick-off **3.00pm**.
5.30 LIVE **NFL** Coverage of the third wild card play-off.
9.00 LIVE **NFL** Coverage of the fourth wild card play-off, where a place in the Divisional play-offs is at stake. Detroit Lions edged past Los Angeles Rams 24-23 in last year's corresponding contest.
12.30 AM LIVE **NFL** Coverage of the fifth wild card play-off.
4.30 to **6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **PL Retro** Manchester City v QPR.
12.00 NOON **Premier League Highlights** Recent action.
12.30 PM **SNF** Aston Villa v Arsenal.
1.00 **Premier League Highlights**
1.30 **SNF** Recent action.
2.00 **Premier League Highlights**
3.00 **SNF** Recent action.
3.30 PM **Premier League Highlights**
4.30 **SNF** Action from Wolverhampton Wanderers v Liverpool.
5.00 **Premier League Highlights**
6.00 **SNF** Crystal Palace v Arsenal.
6.30 **Premier League Highlights**
7.00 **Sticker Book: Bruno Fernandes**
7.15 **Sticker Book: Ollie Watkins**
7.30 **Sticker Book: James Maddison**
7.45 **Sticker Book: Trent Alexander-Arnold**
8.00 **We're Not Really Here: Man City** Documentary.
8.30 **David James: One and Only**
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** From 2006/07.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 to **6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Season Review** Action from 2023/24.
7.30 **EFL Rivalries**
8.30 **SPFL Highlights**
8.45 **EFL Highlights**
11.30 **SPFL Highlights**
11.45 **EFL Highlights**
2.15 PM **SPFL Highlights**
2.30 LIVE **SPFL Aberdeen v Hearts.** Coverage of the Scottish Premiership match at Pittodrie. Aberdeen are enjoying a strong season so far and prevailed 3-2 when the sides last met here in October, but Hearts did hold them to a 1-1 draw when the teams faced each other at Tynecastle in December. Kick-off **3.00pm**.
5.30 LIVE **Bundesliga FC Augsburg v VfB Stuttgart.** Coverage of the German top-flight match from WWK ARENA. Kick-off **4.30pm**.
6.30 **EFL Highlights** Championship.
9.30 **SPFL Highlights**
10.00 **EFL Highlights**
11.15 **SPFL Highlights**
11.30 **EFL Highlights**
12.00 M'T **EFL** Archive action.
2.00 AM **EFL Rivalries**
2.30 **EFL Greatest Games**
4.00 to **6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Women's Big Bash League**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League Melbourne Renegades v Melbourne Stars.** Coverage of the T20 match at Marvel Stadium.
11.30 **Best of the Big Bash League**
12.00 NOON **SA20** T20 highlights.
1.00 PM LIVE **SA20 Pretoria Capitals v Durban's Super Giants.** Coverage of the T20 match staged at Centurion Park in South Africa. The Capitals struggled last year, finishing fifth in the six-team table, while the Super Giants will be looking to go one better than in 2024, having finished as runners-up to Sunrisers Eastern Cape.
5.30 **Best of England v South Africa**
6.00 **Big Bash League**
9.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League**
12.00 M'T **SA20** A T20 match replay.
4.30 AM **Best of England v South Africa** Archive action.
5.00 **Best of the Big Bash League**
5.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
5.45 to **6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **My Ryder Cup**
6.30 LIVE **DP World Tour Golf Continental Europe v Great Britain & Ireland.** Coverage of the third day's play of the Team Cup, a three-day match play contest staged at Abu Dhabi Golf Resort in United Arab Emirates.
12.00 NOON **PGA Tour Golf**
4.00 PM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
5.00 **DP World Tour Golf** Action from day three of the Team Cup staged at Abu Dhabi Golf Resort.
6.00 LIVE **PGA Tour Golf** Coverage of the featured groups on day four of the Sony Open at the Waialae CC in Honolulu, Hawaii. Grayson Murray of America was the winner here last year, beating compatriot Keegan Bradley and South Korea's An Byeong-hun in a play-off.
9.00 LIVE **PGA Tour Golf** Further coverage of day four of the Sony Open at the Waialae CC in Hawaii.
1.00 AM **DP World Tour Golf**
2.00 **PGA Tour Golf**
3.00 **Ryder Cup Memories**
4.00 **PGA Tour Golf**
5.00 to **6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Women's Ashes Australia v England.** The first ODI from North Sydney Oval.
8.30 **Cricket Highlights**
11.30 **Vendee Globe Highlights**
12.00 NOON **Premier League Legends**
12.30 PM **TNT Sports Reload**
1.15 **Autumn Nations Series**
2.30 LIVE **Allianz Premiership Women's Rugby Exeter Chiefs v Bristol Bears.** From Sandy Park. Kick-off **3.00pm**.
5.15 **TNT Sports Cricket Reload**
5.30 **Formula E Flashback**
6.00 **ABB FIA Formula E World Championship Highlights**
7.00 **Premier League Preview**
7.30 LIVE **Serie A Napoli v Hellas Verona.** The Italian top-flight match. Kick-off is at **7.45pm**.
9.45 **TNT Sports Cricket Reload**
10.00 **Women's Ashes** Highlights.
11.30 LIVE **Women's T20 Super Smash Auckland Hearts v Northern Brave.** Coverage of the match from Seddon Park.
3.00 **TNT Sports Cricket Reload**
3.15 to **6.45** AM LIVE **T20 Super Smash Auckland Aces v Northern Brave.** Coverage of the match from Seddon Park.

TNT Sports 2

411 871 528 409 431

5.30 AM LIVE **Women's One-Day International Cricket India v Ireland.** Coverage of the second ODI in the three-match series at Niranjan Shah Stadium, Rajkot.
2.15 PM **TNT Sports Cricket Reload** A look back at Ireland Women v England Women in the first T20.
2.30 **MotoGP Films**
3.30 **Premier League: Big Interview**
4.00 **UEFA Champions League Road To Glory** Liverpool in 2005.
5.00 **Isuzu UTE A-League**
6.00 **Serie A** AC Milan v Cagliari.
7.00 **TNT Sports Reload**
7.30 **NBA Action** The latest action.
8.00 LIVE **NBA Dallas Mavericks v Denver Nuggets.** From American Airlines Centre. Tip-off **8.00pm**.
10.30 **Women's One-Day International Cricket**
11.30 **Allianz Premiership Women's Rugby** Exeter Chiefs v Bristol Bears.
12.30 AM **Serie A** Napoli v Hellas Verona.
1.30 **TNT Sports Reload**
2.00 **Fishing: On the Bank**
3.00 **Isuzu UTE A-League**
4.00 **Women's One-Day International Cricket**
5.00 to **6.00** AM **Down the Clubhouse**

TNT Sports 3

417 874 529 410 432

6.00 AM **TNT Sports Reload**
6.30 LIVE **Isuzu UTE A-League Newcastle Jets v Macarthur FC.** Coverage of the Australian top-flight match from McDonald Jones Stadium in Newcastle, Australia. Kick-off **6.00am**.
8.00 **Serie A** AC Milan v Cagliari.
9.00 **Ally's Social Club**
9.30 **Kenny Allstar's Number 1's**
9.45 **Sign Up – Into Football**
10.30 **Ultimate Pool** Recent action.
12.00 NOON **Formula E Unplugged**
12.30 PM **Serie A** AC Milan v Cagliari.
1.30 **Women's Ashes**
2.30 **The Edge** Australia v England.
3.00 **What I Wore** David Seaman.
3.30 **Premier League: Big Interview**
4.00 **UEFA Champions League Road To Glory** Liverpool's 2005 UEFA Champions League success.
5.00 **Women's Ashes**
6.00 **The Edge** Australia v England.
6.30 **One Day International Cricket**
7.30 **Sign Up – Into Football**
8.15 **Tom Aspinall's Fight Lab**
9.00 **UFC** Another chance to see Mackenzie Dern v Amanda Ribas.
12.00 M'T **Premier League: Big Interview** With Howard Webb.
12.30 to **6.00** AM **MLB Classic**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
11.00 **One Jets Drive**
11.45 **NFL Bitesize Highlights** Action from New Orleans Saints v Tampa Bay Buccaneers. **12.00** NOON Highlights from the first wild card play-off. **12.15** PM Action from the second wild card play-off.
12.30 **NFL Gameday** A review and discussion of all of the latest games from the NFL season.
1.00 **NFL Highlights** Action from the second wild card play-off.
2.00 **NFL Gameday** A round-up of the latest news and results.
5.30 LIVE **NFL** Coverage of the third wild card play-off.
9.00 LIVE **NFL** Coverage of the fourth wild card play-off, where a place in the Divisional play-offs is at stake. Detroit Lions edged past Los Angeles Rams 24-23 in last year's corresponding contest, with their strong start to the match that saw them take a 14-3 lead in the first quarter.
12.30 AM LIVE **NFL** Coverage of the fifth wild card play-off.
4.30 to **6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tennis** Auckland Open.
8.00 **WTA Tennis** Recent finals.
12.00 NOON **ATP Tennis** Action from the Adelaide International final.
2.00 PM **Tennis** Brisbane International. **4.00** The Auckland Open finals.
6.00 **WTA Tennis** Recent finals.
8.00 **ATP Tennis** From Adelaide.
9.00 **Tennis** Action from the United Cup final at Ken Rosewall Arena.
11.00 **ATP Tennis** Auckland Open.
12.00 M'T to **6.00** AM **WTA Tennis**

Sky Sports Mix

416 873 510 429 449

6.00 AM **DP World Tour Golf**
7.00 **Big Bash League**
8.00 **Tennis** Adelaide International.
10.00 **Fight Night** Simpson v Woodall.
11.00 **Big Bash League**
12.00 NOON **SA20** T20 highlights.
1.00 PM **Big Bash League**
4.05 **NFL Highlights**
5.00 LIVE **NCAA Basketball Virginia Cavaliers v Duke Blue Devils.** Coverage of the college match at John Paul Jones Arena in Charlottesville. Tip-off **5.00pm**.
7.00 **NFL Highlights**
8.00 LIVE **NCAA Basketball Stanford Cardinal v NC State Wolfpack.** Coverage of the college match at Maples Pavilion in California. Tip-off is at **8.00pm**.
10.00 **Fight Night** Simpson v Woodall.
11.00 **Formula 1** British Grand Prix.
12.00 M'T **Big Bash League**
1.00 AM **Fight Night International**
2.00 **PGA Tour Golf**
3.00 **DP World Tour Golf**
4.00 to **6.00** AM **PGA Tour Golf**

TNT Sports 4

421 876 530 411 434

6.45 AM **TNT Sports Cricket Reload**
7.00 **The Football Archives: UEFA Champions League**
10.00 **Fishing: On the Bank**
11.00 **West Indies v England – Cricket Classics**
1.30 PM **UEFA Champions League – Classics** Archive highlights.
2.30 **NBA** Phoenix Suns v Utah Jazz.
4.00 **NBA Originals** A look back at the Hall of Fame Class of 2022.
4.30 **NBA Action** Highlights.
5.00 **NBA on Fire** The latest news.
5.30 **NBA** Phoenix Suns v Utah Jazz.
7.00 **Test Cricket Highlights** A look at the fifth and final Test in the series between Australia and India.
9.00 **Fishing: On the Bank**
10.00 **Isuzu UTE A-League**
11.00 **TNT Sports Reload**
11.30 **Premier League Legends**
12.00 M'T **Andrew Mensah's Stand Up Kickabout**
12.30 AM **UFC Main Event**
4.30 to **6.00** AM **Ultimate Pool**

Eurosport 1

413 870 521 412 435

5.30 AM LIVE **Australian Open Tennis** Day one of the opening Grand Slam event of the season.
8.00 LIVE **Australian Open Tennis** Further coverage of day one of the opening Grand Slam event of the season, featuring first-round matches at Melbourne Park.
1.00 PM LIVE **Masters Snooker Ronnie O'Sullivan v John Higgins.** Coverage of the opening match of the first round from Alexandra Palace in London.
4.30 **Dakar Rally** The sixth stage.
5.30 **Masters Snooker**
6.45 LIVE **Masters Snooker Shaun Murphy v Gary Wilson.** Coverage of the second match of the first round staged at Alexandra Palace in London.
10.30 **Australian Open Tennis**
12.30 to **5.30** AM LIVE **Australian Open Tennis** Coverage of day two of the opening Grand Slam of the season from Melbourne Park.

Eurosport 2

414 871 522 413 436

5.30 AM LIVE **Australian Open Tennis** Coverage of day one of the opening Grand Slam event of the season from Melbourne Park.
9.30 LIVE **Alpine Skiing** The first run in the men's slalom in Adelboden.
10.15 LIVE **Alpine Skiing** Coverage of the women's super-G at St Anton.
11.20 LIVE **Biathlon** Coverage of the single mixed relay from Oberhof.
12.05 PM LIVE **Alpine Skiing** The second run in the men's slalom from Adelboden in Switzerland.
1.30 LIVE **Biathlon** The 4x6km mixed relay in Oberhof, Germany.
2.40 **Alpine Skiing** Recent action.
4.40 **Australian Open Tennis**
8.00 **Dakar Rally** The seventh stage.
9.00 **Alpine Skiing** Recent action.
11.00 **Dakar Rally** The seventh stage.
12.00 M'T **Alpine Skiing**
12.30 to **5.30** AM LIVE **Australian Open Tennis** Coverage of day two of the opening Grand Slam of the season from Melbourne Park.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
2.20 PM LIVE **Bundesliga RB Leipzig v Werder Bremen.** Coverage of the German top-flight match staged at Red Bull Arena. Kick-off is at **2.30pm**.
4.30 LIVE **Bundesliga FC Augsburg v VfB Stuttgart.** Coverage of the German top-flight match from WWK ARENA. Kick-off **4.30pm**.
6.30 LIVE **PGA Tour Golf** Coverage of the featured groups on day four of the Sony Open staged at the Waialae CC in Honolulu, Hawaii. Grayson Murray of America was the victorious player here last year.
9.00 LIVE **PGA Tour Golf** Further coverage of the fourth day's play of the Sony Open staged at the Waialae CC in Honolulu, Hawaii.
1.00 to **6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **F1 Classic Races**
1.30 PM **The F1 Wheelchair**
1.45 **F1 Classic Races**
3.10 **Lewis' Mercedes Farewell**
3.20 **Sky F1 Meets Kenzo Craigie**
3.30 **F1 Classic Races** Archive action.
5.15 **F1 Classic Races** A chance to see the 2003 British Grand Prix. **7.00** The 2008 British Grand Prix. **9.15** The 2012 British Grand Prix.
11.00 **Formula 1** Highlights from the 2024 British Grand Prix.
12.00 M'T to **6.00** AM **The Home of F1**

Monday

13 January

Evening Planner

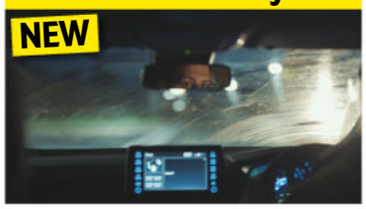
Cookery

Jamie's £1 Wonders & Money-Saving Meals
C4, 8pm
Jamie Oliver makes low-cost pork pies in the air fryer and a spaghetti frittata.

Crime Drama

Silent Witness
BBC1, 9pm
Nikki (Emilia Fox) investigates the brutal murder of an estate agent who was bludgeoned to death with a hammer.

Documentary



24 Hours in Police Custody: The Norfolk Narco Cartel
C4, 9pm
Officers work to expose a South American cartel shipping drugs into the county.

OnDemand

viaplay

The Bunker
Available today
True-crime documentary examining the ordeal of a woman who was kept captive inside a fortified bunker.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 Silent Witness		10.00 News; Local News	10.40 Have...
	102 BBC2	7.00 Grand Tours of...	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 7/7: The London Bombings		10.00 QI	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Playing Nice		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's £1 Wonders & Money-Saving...		9.00 24 Hours in Police Custody: The Norfolk Narco...		10.15 24 Hours in A&E	
	105 CHANNEL 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Motorway Cops: Catching America's...		10.00 Police: Suspect No 1	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Film: The Bourne Identity			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Simple Life		9.05 The Traitors		10.05 The Traitors...	10.35 Man in...
	116 BBC4	7.00 Snooker: The Masters – Live: Mark Selby v Ali Carter						10.00 Gods of Snooker	
	118 ITV2	◂ 5.55 Film: Harry Potter and the Half-Blood Prince				9.00 Love Island: All Stars			10.35 Family Guy
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Car S.O.S.		10.00 Emergency	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Fire Country		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 The Tattooist of Auschwitz		10.00 The White Lotus	
	110 U&GOLD	◂ 6.35 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Unforgotten	
	120 ITV4	◂ 6.45 FA Cup Football – Live: Millwall v Dagenham & Redbridge (Kick-off 7.30)					9.50 Film: Mission: Impossible III		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Mr Bean		10.00 Lee Evans Live at Her Majesty's Theatre	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 A League of Their Own		9.00 Ted		10.10 Warrior	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 André Rieu: Fiesta Mexicana			9.45 Classic FM Live – Great British Classics		
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Custom Carolina		10.00 Texas Metal	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Expedition Bigfoot				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Drain Alcatraz		9.00 To Catch a Smuggler		10.00 Ice Road Rescue: Highway Havoc	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 Resistance: They Fought Back			
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Greece with Simon Reeve		9.00 Villages by the Sea		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Last Call: When a Serial Killer Stalked...		8.00 Spector		9.00 Super/Man: The Christopher Reeve Story			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.00 Godzilla x Kong: The New Empire		8.00 Slingshot				10.10 Get Away	
	302 ICONS	◂ 5.45 Erin Brockovich		8.00 The King's Speech				10.00 Gran Torino	
	303 HITS	◂ 6.15 Bean		8.00 Mr Bean's Holiday			9.35 Anger Management		
	304 GREATS	◂ 5.50 Star Trek The Motion Picture		8.00 Star Trek II: The Wrath of Khan				10.00 Star Trek III – The Search for Spock	
	305 ANIMATION	7.05 Wallace & Gromit: The Curse of the Were-Rabbit			8.40 The Angry Birds Movie 2				10.25 Over the Hedge
	306 FAMILY	◂ 6.50 The Lord of the Rings: The Return of the King							10.20 The Hobbit: The Battle...
	307 STUNTS	◂ 5.45 Warcraft		8.00 Mad Max: Fury Road				10.05 First Knight	
	308 COMEDY	◂ 5.55 Girls Trip		8.00 Miss Congeniality				10.00 Parenthood	
	309 CRIME	◂ 6.00 To Catch a Thief		8.00 The Day of the Jackal					10.25 Three Days of the...
	310 DRAMA	◂ 6.15 Mr Holmes		8.00 Magic Mike's Last Dance				9.55 Whiplash	
	311 SCI-FI	◂ 6.10 Insidious: Chapter 2		8.00 Dune: Part Two					
	313 FILM4	◂ 6.45 The Eagle				9.00 Fisherman's Friends: One and All			
SPORT	401 MAIN EVENT	◂ 3.00 SA20 – Live	7.30 The Transfer...	8.00 Sky Sports News				10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Unpacked	7.30 My Origin Story	8.00 Gary Neville's Soccerbox		9.00 The Fall and Rise of Leeds United		10.00 PL Icons	
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL Highlights		8.45 SPFL Highlights	9.15 EFL Highlights			10.30 Bundesliga...
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Best of...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage from the latest round of the season					9.30 Women's Ashes		10.30 Women's...
	411 TNT SPORTS 2	7.00 Women's One-Day International Cricket		8.00 Test Cricket Highlights				10.00 Packer: The Man Who Changed Cricket	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A special keepsake made out of discarded items. (S)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** New edition From Devon. (S)(AD)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition A seaside home packed with heirlooms. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Silent Witness

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Reiss has an emotional conversation with Sonia, and Nicola is jealous of Teddy's grand gesture. (S)(AD)

8 PM

8.00 **Panorama** New edition In-depth current affairs report. (S)
8.30 **Scam Interceptors** The story of a man scammed by a phone deal that was too good to be true. (S)(R)

9 PM

9.00 **Silent Witness** New episode *Homecoming – Part One:* 3/10. When a man is found bludgeoned with a hammer, the team are drawn deep into a conspiracy involving local government. (S28) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Victoria Coren Mitchell hosts the satirical current affairs quiz, with guests Carol Vorderman and Ignacio Lopez. (S)(R)
11.10 NEW SERIES **Bump** 1/10. Return of the comedy drama. When the family don't tell her about Angie's new diagnosis, Jacinda feels left out and decides to adopt a new friend. (S)(AD)
11.45 New episode 2/10. Rosa has to guide Seb and Liliana through some big decisions. (S5) (S)(AD)
■ Entire series on BBC iPlayer
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 LIVE **Snooker: The Masters** Mark Williams v Ding Junhui: Hazel Irvine presents coverage of the third of the first-round matches, held at Alexandra Palace in London. (S)
4.15 **World's Weirdest Events** A man who can see with his ears. (S)(R)
5.15 **Flog It!** From Kent. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Harry Aikines-Aryeetey, Ania Magliano, Joe Swash and Jasmine Takhar. (S)
6.30 **Joanna Page's Wild Life** New edition 6/15. A hedgehog is brought into the wildlife rescue centre with a nasty wound. (S)

9.00 7/7: The London Bombings

7 PM

7.00 **Grand Tours of Scotland's Rivers** New edition 3/6. Paul Murton explores the River Annan. (S)
7.30 **Celebrity Mastermind** New edition With Danny Miller, Josie d'Arby, Elizabeth Rizzini and Qasa Alom. (S)

8 PM

8.00 **Only Connect** New edition The Cat Cows take on the Sprouters. (S)
8.30 **University Challenge** New edition Amol Rajan hosts as the second round of the student quiz continues. (S)

9 PM

9.00 **7/7: The London Bombings** Series finale 4/4. A tip-off leads police to the bomb factory, and a desperate manhunt culminates in two armed encounters between police and the terrorists. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **QI** Guests Josh Widdicombe, Rosie Jones and Susan Calman join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Simon Schama's Story of Us** 1/3. The historian explores the threads that bind the population of Britain together. (S)(R)(AD)
12.05 AM **Snooker: The Masters – Extra** Extended highlights of Mark Williams v Ding Junhui from Alexandra Palace in London. (S)
2.05 **Sign Zone: Silent Witness** (S)(R)
3.05 **Sign Zone: Countryfile** (S)(R)
4.00 **Sign Zone: The Traitors** (S)(R)(AD)
5.00 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Scarlett Moffatt and Jeff Brazier take part in the game show. (S)(AD)
3.00 **Lingo** New edition Adil Ray hosts the word-based game show. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts the game show as latest contestant Jay takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7 PM

7.30 **Emmerdale** Marlon is a broken man, Moira prepares for her radiotherapy, and the villagers unite in their search for April. (S)(AD)

8 PM

8.00 **Coronation Street** Matty hijacks Bobby and Rob's prison visit, Betsy finds Dylan swigging vodka in the precinct, Daisy encourages Bethany to tell Daniel of her London job offer, while Billy has a change of heart. (S)(AD)

9 PM

9.00 **Playing Nice** Series finale 4/4. Conclusion of the psychological thriller. The final court hearing looms and the fate of the boys is set to be decided. (S1) (S)(AD)
■ Entire series on ITVX

10 PM

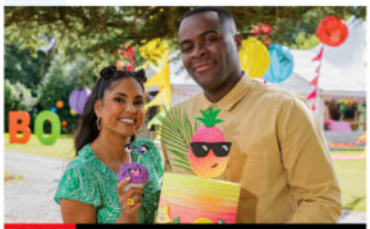
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 NEW TO ITV1 **Love Island: All Stars** Maya Jama presents as previous contestants return to the villa in the hope of finding romance the second time around, with Iain Stirling narrating proceedings. *Previously shown on ITV2.* (S)
12.05 AM **Teleshopping**
3.00 **Lingo** Adil Ray hosts the word-based game show, with brother and sister David and Rachel, Merseyside couple Jo and Zak, and Winchester duo Jamie and Arianne taking part. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 2-4/27. (S9) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** (S10&11) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** A New York diner. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition On Spain's Costa Blanca, Newcastle couple Abi and Darren plan a disco revolution. (S)
5.00 **Junior Bake Off** New edition 6/15. It's Cake Day for the second batch of eight hopefuls. (S)(AD)
6.00 **A Place in the Sun** New edition Jasmine Harman jets off to Sitges in northern Spain to help Richard find his dream holiday home. (S)



5.00 Junior Bake Off

7 PM

7.00 **News** (S)

8 PM

8.00 **Jamie's £1 Wonders & Money-Saving Meals** New edition 2/6. Jamie Oliver shares a £1 spaghetti frittata inspired by Italian grandmothers, and rustles up pork pies in an air fryer, using mince, flaky pastry and piccalilli. (S)(AD)

9 PM

9.00 NEW **24 Hours in Police Custody: The Norfolk Narco Cartel** A major police operation against a South American cartel leads to the seizure of drugs worth over £1.5million. (S)

10 PM

10.15 **24 Hours in A&E** A 53-year-old motorbike enthusiast is rushed in after crashing at a track event, and a 74-year-old man has potentially life-threatening injuries after being crushed under a caravan. (S)(R)(AD)
11.15 **24 Hours in A&E** Compilation of memorable moments. (S)(R)(AD)
12.20 AM NEW **Walter Presents: Sleepers** 1/6. Dutch drama. (S1)
■ Entire series on C4 Streaming
1.10 **Ramsay's Kitchen Nightmares USA** From Chicago. (S)(SL)(R)
2.00 **Grand Designs** (S)(SL)(R)(AD)
2.55 **Hollyoaks Omnibus** (S)(SL)(R)
4.00 **Sunday Brunch Best Bits** (S)(R)
4.05 **Frasier** 15-18/24. (S8) (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 **Dead Over Heels: An Aurora Teagarden Mystery** Crime drama with Candace Cameron Bure and Yannick Bisson. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition Costa Blanca bar owners Zoe and Stephen are asked to start a new friendship club by one of their expat regulars. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill following snowplough teams and RAC patrols. (S)(R)
6.55 **News** (S)

8.00 Traffic Cops

7.00 **Police Interceptors** New edition Highlights of the documentary, focusing on young adults and teens going off the rails fuelled by drink and drugs. (S)
7.55 **News** (S)
8.00 **Traffic Cops** New edition Officers spot a speeding car and are forced to pursue the driver as he fails to stop and then heads the wrong way down a dual carriageway. Narrated by Jamie Theakston. (S)
9.00 **Motorway Cops: Catching America's Speeders** New edition Malek Badeer pulls over a car that has had a dangerous DIY repair job, and Matt Rugel's traffic stop proves to be unfortunate for a wanted man. (S)
10.00 **Police: Suspect No 1** 1/6. Documentary following detectives working on serious crimes, featuring a case in which three hooded men subjected a family to a violent ordeal in their home late at night. (S)(R)
11.00 FILM **Hang 'Em High** Revenge Western starring Clint Eastwood. A cowboy hunts down the lynch mob that tried to kill him. (S) (1967, 18, 140min) ★★★★
1.20 AM **PlayOJO Live Casino Show**
3.20 **Rich House, Poor House** (S)(R)
4.05 **Building Britain's Canals** (S)(R)
4.50 **Great Artists** (S)(SL)(R)
5.15 **Wildlife SOS** (S)(SL)(R)
5.45 **to 5.50** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (S)(R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 5/13. (S4) (S)(R)
5.00 **The Simpsons** *Wandering Juvie:* Bart is sent to a juvenile detention centre. (S)(R)
5.30 *Milhouse Doesn't Live Here Anymore:* Milhouse and his mother leave Springfield. (S)(R)
6.00 **The Office (US)** 3/6. Jim has to tell the staff that not everyone will get a pay rise. (S)(R)
6.30 4/6. The Dunder Mifflin staff visit Niagara Falls for Jim and Pam's wedding. (S6) (S)(R)

9.00 The Bourne Identity

7.00 **The Simpsons** *My Big Fat Geek Wedding:* Principal Skinner and Edna Krabappel announce their engagement. (S)(R)
7.30 *Catch 'Em If You Can:* Marge and Homer go on a second honeymoon. (S)(R)
8.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz as regulars Jamie Redknapp, Micah Richards and Jill Scott are joined by Tyson Fury, Maya Jama and Rob Beckett. (R)
9.00 FILM **The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente, Chris Cooper, Clive Owen and Brian Cox. (S) (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **The Ultimate Action Movies** Film fans Clara Amfo, Russell Kane and Guz Khan discuss the essential elements that must feature in the ultimate action movie. (S)(R)
12.10 AM **Veep** 5&6/10. (S4) (S)(R)
1.20 **The Force: Manchester** (S)(R)
2.15 **Road Wars** (S)(R)
3.10 **Magnum P.I.** (S5) (S)(R)(AD)
4.05 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.10pm Sportscene: SWPL Highlights (S)(R) **11.40** Scotcast (S)(R) **12.10am** NEW SERIES Bump (S)(AD) **12.45** Bump New episode (S)(AD) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.00pm Anna Haugh's Big Irish Food Tour New edition (S) **8.30-9.00pm** Panorama New edition (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cysgu O Gwmpas (AD) **12.30** Heno **1.00** Efaciwis (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cymru Wyllt **4.00** Awr Fawr **5.00** Stwnsh **6.00** Richard Holt: Yr Academi Felys **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gwladfa: Gwilym Bowen Rhys New edition **8.25** Y Ci Perffaith New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition (AD) **9.30** Sgorio **10.00** Amour & Mynydd **11.00-11.35pm** Codi Hwyl

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Sabine Schmitz and Chris Evans take the Audi R8 for a spin.
7.55 **The Catch Up**
8.00 **The Simple Life** 3/11. Paris Hilton and Nicole Richie work at a nudist facility. **8.20** 4/11. Paris and Nicole work at a sausage factory. **8.45** 5/11. The duo trap crawfish in Louisiana.
9.05 **The Traitors** 6/12. As the game reaches the halfway point, the Faithfuls' suspicions grow stronger.
10.05 **The Traitors: Uncloaked** 6/12. Ed Gamble and guests discuss recent developments.
10.35 **Man in the Arena: Tom Brady** 1&2/10. The career of American football star Tom Brady, with focus on his tenure as the New England Patriots' starting quarterback.
12.10 AM **Back to Life**
1.00 **The Fast and the Farmer-ish** The Welsh heat.
1.30 **Top Gear**
2.30 **Ballers: Ball or Nothing**
3.00 **to 4.00** AM **Kidnapped: The Chloe Ayling Story**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM LIVE **Snooker: The Masters** Mark Selby v Ali Carter: Seema Jaswal presents coverage of the fourth of the first-round matches, held at Alexandra Palace. With commentary and analysis from Steve Davis, Shaun Murphy, John Parrott, Stephen Hendry, Ken Doherty and Dennis Taylor.
10.00 **Gods of Snooker** 2/3. A look at the emergence of Steve Davis and the rise of promoter Barry Hearn's Matchroom group of players, which brought lucrative sponsorships into the game.
11.00 **Building Britain's Biggest Nuclear Power Station** 2/2. The team create an extensive flood-defence system to protect the site.
12.00 M'T **Charles I: Killing a King** 2/3. The country prepares for the King's unprecedented trial.
1.00 AM **Cold War, Hot Jets**
2.00 **Gods of Snooker**
3.00 **to 4.00** AM **Charles I: Killing a King**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Lancashire.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a rundown Renault Alpine GTA belonging to a former computer technician. **6.55** Fuzz and Tim restore a year 2000 Ford Mondeo.
7.55 **Grand Designs** Kevin McCloud follows the progress of ex-advertising man Geoff, who is building a flood-resistant architectural marvel on the Essex coast, costing a cool £700,000.
9.00 **Car S.O.S** Fuzz Townshend and Tim Shaw head to the Home Counties, where Andy, who has cerebral palsy, awaits with his highly modified 1955 Ford Popular and a host of problems.
10.00 **Emergency** London's Air Ambulance is dispatched to 58-year-old Peter, who has been crushed under a 400kg crate at work.
11.00 **Swingers** A look behind the scenes at a swingers club.
12.05 AM **Car S.O.S**
1.05 **Emergency**
2.05 **24 Hours in A&E**
3.10 **to 3.40** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory** (S6)
6.30 **The Simpsons** *Hello Gutter, Hello Fadder.*
7.00 **Hollyoaks** Frankie takes to the stand as JJ's trial starts.
7.30 **Modern Family** 19/22. Phil surprises Alex at school. (S10)
8.00 **The Simpsons** *Moe Goes from Rags to Riches:* Moe's beloved bar towel turns out to have a life of its own. **8.30** *The Daughter Also Rises:* Lisa begins a whirlwind romance with her intellectual match.
9.00 **Celebrity Gogglebox** Famous faces appraise *This Morning, Serengeti, Killing Eve* and *The Chase*.
10.00 **Gogglebox** Opinions on *Starstruck* and *The Piano*.
11.05 **First Dates**
12.05 AM **Naked Attraction**
1.10 **Celebrity Gogglebox**
2.15 **Gogglebox**
3.10 **Teen First Dates**
4.00 **Brooklyn Nine-Nine**
4.55 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 5/22. (S6)
12.00 NOON **FBI** 5/22. The team rescue a kidnapped child. (S5)
1.00 PM **FBI: International** 5/22. The team search for a missing Romanian surrogate. (S2)
2.00 **Caught on Dashcam**
3.00 **UK Border Force**
4.00 **Nothing to Declare**

9.00 Fire Country

7 PM
7.00 **Nothing to Declare** A suitcase with odd lining sets alarm bells ringing. **7.30** Suspicious parcels land at the Mail Centre.

8 PM
8.00 **FBI** *Second Life:* 9/22. The abduction of a young woman leads the team back to a cold case from 18 years ago. (S5)

9 PM
9.00 **Fire Country** *Watch Your Step:* 19/22. The crew respond to an out-of-control blaze at a wellness retreat. (S1)

10 PM
10.00 **Law & Order: Special Victims Unit** *Dead Ball:* 7/22. Benson tries to save a case against a star from falling through. (S24)
11.00 **The Rookie** 14/20. (S1)
12.00 M'T **The Rookie** 15/20. (S1)
1.00 AM **The Good Doctor** (S2)
2.00 **Matlock** New episode 8/10. A nanny is fired. (S1)
3.00 **Bull** 6/22. (S6)
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **The Sopranos** 3&4/13. (S4)
10.10 **Billions** 11&12/12. (S1)
12.20 PM **Game of Thrones** (S1)
1.25 **Boardwalk Empire** 9/12. The Capone brothers recruit Van Alden for a hit on O'Banion. **2.30** 10/12. Chalky is wounded during his hit. (S4)
3.30 **The Sopranos** 3/13. Bobby's wife has a car accident. **4.35** 4/13. Johnny pursues a personal vendetta. (S4)
5.45 **Billions** 11/12. Chuck secures some powerful allies. (S1)

7.55 Game of Thrones

7 PM
6.50 **Billions** *The Conversation:* 12/12. Axe and Chuck meet for an explosive confrontation. (S1)
7.55 **Game of Thrones** *A Golden Crown:* 6/10. Ned investigates rumours about the Lannisters, and Tyrion tries to escape the Eyrie. (S1)

8 PM

9 PM
9.00 **The Tattooist of Auschwitz** 3/6. Lali strives to get medicine for Gita as her condition deteriorates. (S1)

10 PM
10.00 **The White Lotus** *Ciao:* 1/7. Vacationers arrive at luxury resort in Sicily, where Tanya turns up with her new assistant. (S2)
11.10 **The White Lotus** 2/7. Tanya enlists Greg to help her live out her perfect Sicilian day. (S2)
12.15 AM **The Gilded Age** 2/8. (S2)
1.15 **Gangs of London** 7/8. (S2)
2.25 **Big Little Lies** 3/7. (S2)
3.15 **Game of Thrones** As 7.55pm.
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 8&9/18. (S4)
8.00 **Supergirl** 2/20. (S6)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 4/20. (S6)
1.00 PM **S.W.A.T.** 10&11/18. (S4)
3.00 **Magnum P.I.** 15/20. (S5)
4.00 **MacGyver** 5/13. (S4)
5.00 **DC's Legends of Tomorrow** 14/15. Astra and Spooner find themselves in 1920s Texas. (S6)
6.00 **Stargate Universe** 11/20. Colonel Young makes a discovery in the holding tank of an alien vessel. (S1)

9.00 Ted

7 PM
7.00 **Stargate Universe** *Divided:* 12/20. Rush suspects a tracking device has been planted on the *Destiny.* (S1)

8 PM
8.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz, with Tyson Fury, Maya Jama and Rob Beckett.

9 PM
9.00 **Ted** 1/8. Comedy spin-off from the film with the voice of Seth MacFarlane. **9.30** 2/8. Matty evicts Blaire from his house after finding out about her drug business. (S1)

10 PM
10.10 **Warrior** *Whiskey and Sticky and All the Rest Can Wait:* 5/10. Ah Sahm and Hong race to free Young Jun. (S3)
11.15 **The Ultimate Action Movies** With guests Clara Amfo, Russell Kane and Guz Khan.
12.10 AM **The Force: Manchester**
2.00 NEW SERIES **From** 1&2/10. Return of the sci-fi horror. (S3)
4.15 **MacGyver** 5/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 14/23. A spell is cast on a school and Phoebe goes on a vision quest. (S6)
4.00 **Gilmore Girls** 12/22. Luke takes an instant shine to Taylor's lawyer. (S3)
5.00 **Dinner Date**

5.55 ...the Half-Blood Prince

7 PM
5.55 FILM **Harry Potter and the Half-Blood Prince** Adventure sequel starring Daniel Radcliffe. Harry tries to gain information about Voldemort as he prepares for the coming showdown with the forces of evil. (2009, 12, 153min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 NEW SERIES **Love Island: All Stars** Maya Jama brings together a line-up of unforgettable ex-Islanders looking for another shot at finding love.

10 PM
10.35 **Family Guy** 11/20. An accident leaves Peter with a high-pitched voice. (S20)
11.05 **Family Guy** 2/20. The guys go to an old record store. (S20)
11.35 **American Dad!** (S17&16)
12.35 AM **Bob's Burgers** (S7)
1.35 **Iain Stirling's CelebAbility**
2.20 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.35 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
3.10 **Classic Coronation Street**
3.40 **A Touch of Frost** *True Confessions:* A murder case leads to Frost's suspension.
5.55 **Heartbeat** *The Son-in-Law:* Greengrass befriends a musician who spreads a little disharmony in Aidensfield. Guest stars Gary Barlow.

8.00 Midsomer Murders

7 PM
6.55 **Heartbeat** *Chalk and Cheese:* Romance is in the air for Bellamy and Gina. Guest stars Angela Thorne and Duncan Preston.

8 PM
8.00 **Midsomer Murders** *The Made-to-Measure Murders:* Barnaby and Jones investigate when a woman is stabbed to death in a churchyard two years after the death of her husband. Guest stars Gwyneth Strong.

9 PM

10 PM
10.00 **Unforgotten** 3/6. Cassie and Sunny interview each of the four suspects, who all deny knowing the victim. (S4)
11.00 **Wire in the Blood** 2/4. One of Tony's students is suspected of carrying out three murders, but has a cast-iron alibi. (S3)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
3.00 PM **Sign Zone: My Kind of Town: Stromness**
3.30 **Sign Zone: Grand Tours of Scotland's Rivers**
4.00 **Sign Zone: Sarah the Lumberjill**
4.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** Recent action.
8.00 **Repair Shop on the Road** New edition Efforts to preserve artwork on the walls of Nairn Museum.
8.45 **Growing Up Scottish**
9.00 **Jules and Greg's Wild Swim** New editions 3/5. Swimming with seals off the coast of Lewis. **9.30** 4/5. A sunset swim off the Isle of Sanday.
10.00 **Stevens & McCarthy**
10.30 **The Scotts** 4/6. (S3)
11.00 NEW SERIES **Scotcast**
11.30 PM **to 12.00** M'T **Best of Chewin' the Fat**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S2)
9.20 **The Conners** (S1)
10.20 **Silicon Valley** (S2)
11.30 **Barry** 3&4/8. (S2)
12.45 PM **Entourage** (S4)
1.55 **Silicon Valley** (S2)
3.10 **Barry** 3&4/8. (S2)
4.30 **Ballers** 7&8/10. (S2)
5.50 **The Office (US)** (S6)
6.50 **The Conners** (S1&2)
7.50 **Ballers** 1/10. Spencer gets in a confrontation with a player he has an antagonistic history with. **8.25** 2/10. Vernon and Reggie talk money on a paintballing trip. (S2)
9.00 **And Just Like That...** *Chapter Three:* 3/11. Carrie tries to get out of an audiobook taping. **9.55** *Alive!* 4/11. Carrie gets an offer to write a column for seniors. (S2)
10.50 **Black Monday** (S3)
12.10 AM **Veep** 5&6/10. (S4)
1.30 **Barry** 3&4/8. (S2)
2.55 **The Righteous Gemstones** 9/9. (S3)
3.50 **to 5.00** AM **Betty**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Pavarotti in the Park** From 1991.
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering: George Clooney**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **Stories from the National Gallery**
3.00 **Discovering: Matthew McConaughey**
4.00 **The Great Songwriters**
5.00 **Landscape Artist 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **André Rieu: Fiesta Mexicana**
9.45 **Classic FM Live – Great British Classics**
11.45 **André Rieu: Love in Maastricht**
12.45 AM **Shakespeare: Hamlet** RSC production starring Paapa Essiedu.
4.00 **Inside Art**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 6/26. (S6)
5.00 **Atlantis** 6/13. (S2)
6.00 **Star Trek: Deep Space Nine** 26/26. (S6)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** *Ke Ku 'Ana (The Stand):* 5/25. A cache of arms is stolen from a gun range. (S7)
9.00 **SEAL Team** (S3)
11.00 **Britain's Most Evil Killers** Stephen Port.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View** New edition
8.10 **Fletchers' Family Farm**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** New edition
11.05 **The Real Housewives of Beverly Hills**
12.00 NOON **Fletchers'...**
1.05 PM **Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **A&E Stories**
10.00 **Totally Unbelievable**
11.00 **The Real Housewives Ultimate Girls' Trip**
12.05 AM **Only Way Is Essex**
1.00 **to 1.30** AM **Buying...**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 1/8. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 6/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S6&7)
9.00 **Randall and Hopkirk (Deceased)** *Could You Recognise the Man Again?* 18/26. Jeannie is kidnapped. (S1)
10.00 **The New Avengers** *To Catch a Rat:* 7/13. Purdey and Gambit try to track down the White Rat. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H**
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **The Adventures of Sherlock Holmes** Murder mystery.
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots**
12.20 PM **The Adventures of Sherlock Holmes**
1.30 **Magnum, PI**
2.30 **Kojak**
3.35 **Minder**
4.45 **BattleBots** New edition
5.45 **Formula E Highlights**

9.50 Mission: Impossible III

6.45 LIVE **Football: FA Cup** Millwall v Dagenham & Redbridge: Seema Jaswal presents coverage of the third-round tie from The Den. With analysis from Jobi McAnuff and Gary Rowett, and commentary by Seb Hutchinson and Adam Virgo. Kick-off is at 7.30. *See feature, page 28.*

9.50 FILM **Mission: Impossible III** Thriller sequel starring Tom Cruise. Secret agent Ethan Hunt tries to free his wife from the clutches of an international arms dealer. (2005, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Two and a Half Men**
1.05 **Minder**
2.00 **The Sweeney**
3.00 **Teleshopping**
3.30 **Motorsport Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 19/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 12/26. (S5)
2.00 **Warehouse 13** 6/13. (S1)
3.00 **Stargate SG-1** 21/22. (S7)
4.00 **Star Trek: Voyager** (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 19/22. Troi's mother arrives on a flying visit, desperate to find a man. (S2)

8.00 Stargate SG-1

7.00 **Warehouse 13** *Elements:* 6/13. Myka and Pete investigate the theft of a sculpture. (S1)

8.00 **Stargate SG-1** *Lost City – Part One:* 21/22. O'Neill risks his life in an attempt to stop Anubis destroying Earth. (S7)

9.00 **The Walking Dead** *TS-19:* 6/6. Rick and his friends are allowed to enter the CDC. (S1)

10.00 **Grimm** *The Three Bad Wolves:* 6/22. A mysterious biker has a connection to a series of explosions. (S1)
11.00 **SurrealEstate** 1/10. The agency's president checks in on a house that he has a personal interest in. **12.00** M'T 2/10. A boy's imaginary friend wreaks havoc on one of Luke's listings. (S1)
1.00 AM **True Blood** 1&2/12. (S1)
3.00 **Room 104**
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 7/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S6)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 7/16. The detective duo partner up with a French detective. (S2)
6.00 **Father Brown** *The Great Train Robbery:* Lady Felicia and Mrs McCarthy are taken hostage when a robbery goes awry.

8.00 White Collar

7.00 **The Mentalist** *Redacted:* 20/24. Jane deals with two failed robberies. (S3)

8.00 **White Collar** *What Happens in Burma:* 12/16. Peter and Neal try to free a diplomat's son from Burma. (S2)

9.00 **Death in Paradise** *The Communal Death:* 2/8. A member of a survivalist commune is poisoned in a locked bunker. (S12)

10.00 **Father Brown** *The Great Train Robbery:* Lady Felicia and Mrs McCarthy are taken hostage when a midnight train robbery goes awry.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 1/21. A dominatrix is found dead near her sex dungeon. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.35 **Only Fools and Horses**
10.15 **Are You Being Served?**
10.50 **Open All Hours**
11.30 **Last of the Summer Wine**
12.45 PM **Keeping Up Appearances**
1.25 **Only Fools and Horses**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.35 **Dad's Army**

8.00 dinnerladies

7.15 **Dad's Army** Mainwaring and Wilson recruits women into the platoon. With Carmen Silvera.

8.00 **dinnerladies** Bren is left to run the night shift single-handedly.
8.40 **Miranda** A handsome stranger loses his wallet in the joke shop.
9.20 **Gavin & Stacey** The day of the wedding arrives and Bryn is behaving oddly around Stacey's brother.

10.00 **The Royle Family** It's Sunday in the house of the couch-potato clan and Nana calls round.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.35 AM **The Royle Family**
1.15 **Miranda** As 8.40pm.
1.55 **Gavin & Stacey** As 9.20pm.
2.25 **The Royle Family** As 10pm.
2.55 **Last of the Summer Wine**
3.25 **to 4.00** AM **Miranda**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers**
2.00 PM **Our Guy in China**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** Dave Myers and Si King head to South Korea as they conclude their journey.
6.00 **Rick Stein's Cornwall** Rick explores the Fowey Estuary. **6.30** Rick goes fishing for lobsters with Nathan Outlaw.

5.00 The Hairy Bikers' Asian...

7.00 **QI** Children in Need edition of the quiz.
7.40 **Richard Osman's House of Games** Marcus Brigstocke, Sindhu Vee, Tom Rosenthal and Anna Richardson take part. **8.20** With Ronni Ancona, Nathan Caton, Colin Murray and Sally Phillips.

9.00 **QI XL** Sandi Toksvig hosts the comedy quiz with panellists Bridget Christie, Rosie Jones, Cariad Lloyd and Alan Davies.

10.00 **Dave Gorman: Modern Life Is Goodish** The comedian offers wry observations on DVDs, baking and Bucks Fizz.
11.00 **8 Out of 10 Cats**
11.45 **Mock the Week**
1.10 AM **QI** As 7.00pm.
1.50 **Survivor South Africa**
2.40 **Richard Ayoade's Question Team** With Nish Kumar.
3.30 **to 4.00** AM **Travel Man: 48 Hours in Tallinn**

+1 hour 211/212 327 74

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 10-12/24. (S8)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **George Clarke's Adventures in Americana** George travels from New Orleans to Bandera, Texas. **8.00** The presenter continues his Americana odyssey in California.
9.00 **24 Hours in A&E** A look back at memorable staff and patient stories.
10.00 **8 Out of 10 Cats Does Countdown**
11.05 **Celebrity Gogglebox**
12.10 AM **24 Hours in Police Custody: The Norfolk Narco Cartel**
1.25 **Celebrity Hunted**
2.30 **Taskmasterclass**
3.30 **Jamie's £1 Wonders & Money-Saving Meals**
4.30 **to 5.00** AM **Food Unwrapped**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 1-3/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Knockout:* 18/25. Vance investigates the fatal shooting of a boxer. **7.00** *Hide and Seek:* 19/25. A child discovers a murder weapon. **8.00** *Dead Reckoning:* 20/25. Gibbs is forced to work with Trent Kort. **9.00** *Toxic:* 21/25. Abby works on a top-secret research project. (S6)
10.00 **Law & Order: Special Victims Unit** *Conned:* 19/24. A teenager is found bludgeoned to death at a hotel. **11.00** *Beef:* 20/24. An animal rights campaigner is found murdered. (S11)
12.00 M'T **Law & Order: Special Victims Unit**
1.50 AM **Criminal Minds**
2.50 **Law & Order** (S17)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** An old woman is rushed in after collapsing.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Outback Truckers**
10.05 **Traffic Cops**
11.05 **Police Interceptors**
12.05 PM FILM **The Gunfighter** Western starring Gregory Peck. (1950, b/w, U, 84min) ★★★★
1.55 FILM **Hellfire** Western with Bill Elliott. (1949, PG, 90min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Rescue 999: Seconds to Save a Life**
8.00 **Police Interceptors** Officers Gav Hall and Dan Mottishaw are in hot pursuit of a suspected drug dealer.
9.00 FILM **The Delta Force** Action thriller starring Chuck Norris, Lee Marvin and Martin Balsam. (1986,18, 129min) ★
11.40 **Police Interceptors**
1.45 AM **Trucking Heavy**
3.35 **to 4.00** AM **Car Pound Cops**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** 1/4. Pete immerses himself in the emotional world of dog care at Basildon's Dogs Trust rehoming centre.
9.00 **999 Rescue Squad** The team treat a lorry driver trapped behind his twisted steering wheel. **10.00** The discovery of underwear on a canal bank sparks a risky missing persons search.
11.00 **Death at the Mansion: Rebecca Zahau**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *Leather and Lace:* 1/4. A rugby coach's body is found tied to a goal post. (S2)
10.00 **New Tricks** *Ice-Cream Wars:* The squad investigate a feud between two family ice-cream businesses.
11.20 **Bergerac**
12.30 AM **Atlantic Crossing**
1.50 **Hamish Macbeth**
2.50 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition Angus Ashworth and his team perform house clearances and uncover hidden gems. **10.00** Angus heads to Peterborough to help clear the home of a keen model maker. **11.00** Angus and Jack clear one man's large personal collection of vintage oil cans.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole** Comedy panel show.
7.00 **Tenable** Quiz hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A team of old school friends take part in the quiz show hosted by Warwick Davis.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies** Quiz hosted by Ross Kemp.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Wild West Chronicles** Double bill.
9.00 FILM **Midnight in Saint Petersburg** Espionage thriller sequel. (1995, 15, 85min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
2.50 FILM **McLintock!** Comedy Western. (1963, U, 127min) ★★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** 4/24. (S5)
9.00 FILM **Blowback** Drama. (2022, 15, 90min) ★★
11.10 FILM **Attack Force** Action thriller. (2006, 15, 90min) ★
1.10 AM FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **The House on the Hill** (2019, 12) ★★
10.55 FILM **Killer in Red** Thriller. (2018, 12) ★★
1.00 PM FILM **Off the Rails** Drama. (2017, PG) ★★
2.55 FILM **My Evil Stepdad** Thriller. (2019, PG) ★★
5.00 FILM **Seduced by Lies** Psychological thriller. (2010, PG, 87min) ★
7.05 FILM **Super Eruption** Disaster drama. (2011, 15, 89min) ★★
9.00 FILM **Predators** Sci-fi action thriller sequel. (2010, 15, 102min) ★★★
11.15 FILM **The Winter Soldier** Sci-fi adventure. (2016, 15, 101 min) ★★
1.30 AM FILM **Lost Letter Mysteries: Lost Without You** Drama. (2016, PG, 90min) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM FILM **Pretty Cheaters, Deadly Lies** Thriller. (2020, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Love to the Rescue** (2019, PG) ★★
10.00 FILM **Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
12.05 PM FILM **Love and Sunshine** Drama. (2019, PG, 100min) ★★
2.00 FILM **Sun, Sand and Romance** Drama. (2017, PG, 90min) ★★
3.55 FILM **A Summer to Remember** Comedy. (2018, PG, 90min) ★★
6.00 FILM **Love on Retreat** Drama. (2023, PG) ★★
8.00 FILM **Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
9.55 FILM **Same Time Next Week** Romantic drama. (2016, PG, 90min) ★★
11.50 FILM **A Slice of Chicago Romance** Drama. (2022, PG, 95min) ★★
1.55 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **Be Mine** (2021, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
6.30 FILM **Touch of Evil**
8.15 **Huckleberry Finn**
8.45 **Space 1999** 4/24. (S1)
9.45 **Bewitched** (S1)
10.15 **Watching** 3/9. (S4)
10.45 **A Fine Romance** (S1)
11.15 **Diff'rent Strokes** (S1)
11.45 **The Fantastic Journey**
1.15 PM **Department S** (S2)
2.15 FILM **Raise the Titanic**
4.30 **Diff'rent Strokes** (S1)
5.00 **Watching** 3/9. (S4)
5.30 **Bewitched** (S1)
6.00 **Married... with Children**
6.30 **Fantasy Island** (S1)
7.30 **The Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... with Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy show.
11.30 **Monkey** 25/26. (S1)
12.30 AM **Hammer House of Horror** 1/13. (S1)
1.30 FILM **Touch of Evil**
3.30 **Classix Nouveaux**
4.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** The fleet deal with a succession of storms on the Bering Sea. **8.00** Another powerful storm hits as Monte returns to the *Wizard*.
9.00 **Naked and Afraid XL**
10.00 **Naked and Afraid: Alone** Luke McLaughlin takes on the wilderness of South Africa.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin's United Cakes of America** Double bill.
7.00 **The Pioneer Woman**
9.00 **Hairy Bikers' Mississippi Adventure**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **Hairy Bikers' Mississippi Adventure**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands**
10.00 **Adam Richman Eats Football** New edition
10.30 **Adam Richman Eats Britain** Adam tries Glamorgan sausage.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 28/28. (S1)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 16/22. (S2)
11.00 FILM **Gunsmoke: The Long Ride** Western. (1993, 15, 95min) ★★
1.00 PM FILM **Showdown** Western adventure. (1972, PG, 99min) ★★
3.00 FILM **Gunfighters** Western drama. (1947, PG, 87min) ★★
5.00 **Star Trek** 22/24. (S3)
6.00 **T.J. Hooker** 17/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Entrapment** Romantic action thriller. (1999, 12, 112min) ★★★
11.10 FILM **A Kiss Before Dying** Crime thriller. (1991, 18, 90min) ★★
1.00 AM FILM **Sweeney!** Thriller spin-off. (1976, 18, 89min) ★★★
2.55 **to 5.00** AM FILM **The Changeling** Horror. (1979, 15, 102min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **The Day of the Triffids** As 5.00pm.
8.00 FILM **George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
10.00 **Andromeda** 20/22. (S5)
11.00 FILM **At the Earth's Core** Sci-fi adventure. (1976, PG, 86min) ★★★
1.00 PM FILM **Wyvern** Fantasy adventure. (2009, 15, 84min) ★★
3.00 **Andromeda** 20/22. (S5)
4.00 **Star Trek** 7/30. (S1)
5.00 FILM **The Day of the Triffids** Sci-fi chiller starring Howard Keel. (1962, 12, 95min) ★★
7.00 **Andromeda** 21/22. (S5)
8.00 **Star Trek** 8/30. (S1)
9.00 FILM **Red** Thriller starring Brian Cox. (2008, 15, 93min) ★★
10.55 FILM **Iron Sky: The Coming Race** Fantasy starring Lara Rossi. (2019, 15, 90min) ★
1.00 **to 3.00** AM FILM **Red**

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters...**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Unexplained Files**
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Close Encounters Down Under**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Secrets of the Lost Liners** The *Titanic*.
12.00 M'T **Deadman's Curse**
1.00 AM **Close Encounters Down Under**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **Auction Kings**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Nick Knowles' Big House Clearout**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **The Yorkshire Vet** Julian tries to save a baby hare that has been attacked by a dog.
9.00 **Yorkshire Great and Small with Dan and Helen** Dan Walker and Helen Skelton head to Yorkshire's coastline.
10.00 **Inside the Tower of London** The Beefeaters' uniforms are updated.
11.00 **Prisoner: Cell Block H** Double bill. (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Nick Knowles' New Year Clearout**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A couple search for a rural home in Dorset.
9.00 NEW SERIES **Unsellable Houses** Twins Lyndsay Lamb and Leslie Davis take on their cousin's unfinished projects to get his home sold.
10.00 **Celebrity IOU** Lisa Kudrow teams up with Jonathan and Drew to surprise her cousin.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons** **8.00** New edition
9.00 **My Big Fat Fabulous Life** New edition
10.00 **The Culpo Sisters** New edition
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **The Culpo Sisters**
3.00 **Sex Sent Me to the ER**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Extreme Couponing**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 6&7/25. (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** (S7&8)
1.00 PM **Friends** (S6&7)
8.00 **Friends** 2/24. Monica makes wedding plans. **8.30** 3/24. Chandler plays racquetball with Monica's father. (S7)
9.00 **Mr Bean** The buffoon performs first aid. **9.30** Mr Bean gives his hotel room a makeover.
10.00 **Lee Evans Live at Her Majesty's Theatre**
11.20 **Drunk History**
12.20 AM **Jimmy Carr: Being Funny**
1.20 **Mike Judge's Beavis and Butt-Head**
2.20 **Reno 911!** 6&7/14. (S1)
3.15 **Andy Parsons : Live & Unleashed – But Naturally Cautious**
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 2&3/22. (S5)
11.00 **Friends** (S7&8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 6&7/25. (S2)
5.00 **Becker** 2&3/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** 13/25. Guest stars Reese Witherspoon. **10.30** 14/25. Chandler is unable to cry. (S6)
11.00 **Friends** 15–18/25. (S6)
1.00 AM **The Ren & Stimpy Show** 11 & 12/14. (S4)
2.00 **The Ricky Gervais Show**
3.00 **Guessable?**
3.45 **Bo Burnham: Words, Words, Words**
4.30 **Jimmy Carr: Stand Up**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **Sun, Sea and A&E** Double bill.
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 6/12. (S4)
6.00 **New Amsterdam** (S5)
7.00 **MacGyver** *Scissors:* 11/21. Bozer goes on his first official mission. **8.00** *Screwdriver:* 12/21. Angus must find a US government mole. (S1)
9.00 **SurrealEstate** (S2)
11.00 **For Life** 6/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 7/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom: Young & Pregnant** Triple bill.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Seven editions of the series, including at: **7.00** Ciatta needs to know the truth before she moves to Los Angeles to live with Juan.
8.00 **Teen Mom UK: Amber's Story** Amber discusses her regrets.
9.00 **Just Tattoo of Us** AJ and Monique reveal their true feelings.
10.00 **Skin A&E** The specialist clinic opens its doors.
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Camille Kostek dodge boba spitballs.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.40 **Geordie OGs**
3.30 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Hoffman Family Gold** Todd promises a gold bonus. **4.00** Hunter runs pay dirt from a promising new location.
5.00 **Deadliest Catch**
6.00 **Wheeler Dealers World Tour** Mike and Elvis hit the beach for the ultimate surf wagon – the Holden Sandman.

9.00 Custom Carolina

7.00 **Salvage Hunters** Drew Pritchard heads to the Malvern Hills, where he unearths one of his most unusual finds.

8.00 **Kindig Customs** A client enlists Dave and the gang in a mission to make a dream of a father and son road trip along Route 66.

9.00 **Custom Carolina** New edition A client brings Tommy his 1973 Chevy Vega for a nostalgic restoration.

10.00 **Texas Metal** New edition A customer challenges Bill with his 1937 Ford Coupe, which he wants brought back to the factory look.

11.00 **Gold Divers** 2/2. Shawn, Emily, Vernon and Chris all fight large swells.
12.00 M'T **Street Outlaws** Reaper faces an unexpected contender.
1.00 AM **Custom Carolina**
2.00 **Texas Metal** As 10.00pm.
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Insane Pools: Off the Deep End** A waterfront paradise.
3.00 **Legends of the Wild**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Lucas Congdon attemps to create a jungle oasis in a suburban backyard.

6.00 Insane Pools

7.00 **Amanda to the Rescue** Amanda goes to California to pick up at least four new dogs and comes home with a rottweiler.

8.00 **Expedition Bigfoot** Mireya and Ronny return to where they think they heard whistles and saw glowing eyes.

9.00 **Expedition Bigfoot** Mireya and Ronny have a terrifying experience when they realise they are not alone in the forest.

10.00 **Alaska: The Last Frontier** The family come together to finish Grady's Perl Island cabin build under threat of a typhoon.

11.00 **Crikey! It's the Irwins** Terri responds when wallaby Daniel is injured and cannot walk. **12.00** M'T A koala crisis.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Plane Crash Recreated**
2.00 **Air Crash Investigation**
3.00 **Sunken Treasures Revealed: Drain the Ocean**
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a tired 1991 VW T4 Campervan.
6.00 **Construction Fails** A look at disasters involving landslides.

10.00 Ice Road Rescue

7.00 **Air Crash Investigation** Investigators scour the wreckage from a cargo jet that crashed in the Swedish Arctic.

8.00 **Drain Alcatraz** Cutting-edge visuals drain the water around Alcatraz to reveal why the infamous prison was so inescapable.

9.00 **To Catch a Smuggler** New edition HSI track a suspicious vehicle for 48 hours, leading them to a San Diego stash house.

10.00 **Ice Road Rescue: Highway Havoc** New edition Highlights of the documentary following salvage truck drivers.

11.00 **Air Crash Investigation** A serious aircraft design flaw.
12.00 M'T **Situation Critical**
1.00 AM **Paranatural**
2.00 **Money Meltdown**
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **When Sharks Attack**
4.35 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Container Wars**
7.45 **Dirty Old Cars**
8.45 **Forged in Fire**
9.35 **Storage Wars**
12.00 NOON **Secret Societies: In the Shadows**
1.00 PM **Dirty Old Cars**
1.30 **U-Boat Wargamers**
4.00 **Pawn Stars** Four editions of the series, including at: **5.30** Two Pushman Scooters.
6.00 **American Pickers** Mike tries to breathe life into a bundle of ultra-rare Harleys and Indians.

8.00 History's Greatest Aircraft

7.00 **Forged in Fire** Four bladesmiths face double the trouble when they are tasked with forging two canister damascus knives.

8.00 **History's Greatest Aircraft** New edition The B-24 Liberator, which was used extensively during World War Two.

9.00 **NEW Resistance: They Fought Back** Documentary recounting the largely unknown and incredibly courageous story of Jewish resistance during the Holocaust, including thousands of Jews who fought Nazis in the forests.

11.00 **Strange Evidence** A tunnel gains a terrifying reputation when hundreds of vehicles mysteriously crash.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **The Egyptian Book of the Dead** A version of the ancient text once buried.
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The Buildings That Fought Hitler** Documentary.
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The Buildings That Fought Hitler** The ring of steel and concrete around London.
5.00 **World War Weird**
6.00 **Antiques Roadshow** From Plas Newydd on Anglesey.

8.00 Greece with Simon Reeve

7.00 **Great American Railroad Journeys** In Lawrence, Kansas, Michael Portillo joins the Jayhawks basketball team.

8.00 **Greece with Simon Reeve** Simon travels from the Peloponnese peninsula into the north of the country.

9.00 **Villages by the Sea** Ben Robinson visits Laxey on the Isle of Man. **9.30** Ben heads to the village of Ravenglass.

10.00 **Bangers & Cash** Up for sale at the Mathewson's auction – a 1275 Mini GT that could be a future British icon.

11.00 **Abandoned Engineering** Investigating a pirate city in Jamaica and a Louisiana plantation caught up in the American Civil War.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Classic Car Garage**

+1 hour 255 329

Monday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers**
9.00 **NEW SERIES Opal Hunters: Red Dirt Road Trip** Rod and JC go on a quest to strike it rich.
10.00 **Mystery at Blind Frog Ranch** Duane and Chad Ollinger return to the Ranch to unearth $3billion in hidden treasure.
11.00 **The Repair Shop**
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes... UK**
12.00 NOON **Murder Comes to Town** True-crime.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
10.00 **On the Case with Paula Zahn** New editions A young girl vanishes. **11.00** A garage sale ends in a hail of gunfire.
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** Carla Fuqua.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Close Calls: On Camera** A worker whose dumper truck rolled on top of him. **7.30** A speedboat trip sees the vessel swamped by a wave.
8.00 **Cold Justice** A young man discovers his father dead on his front steps, stabbed in the heart.
9.00 **Forensic Factor** New edition Solving high-profile crimes.
10.00 **Murder UK** New edition Wayne Coventry's toxic relationship blinds him to dangers until it's too late.
11.00 **Descent of a Serial Killer** Chester Turner.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Murder UK**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Donal MacIntyre's Murder Files**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** A police officer's home is burned to the ground. **4.30** An investigator makes an impression of a shoe print found in the snow. **5.00** A pregnant woman accuses her husband of attacking her. **5.30** Technology is used to lift a fingerprint from a pillowcase. **6.00** The analysis of hair found at a murder scene pinpoints the perpetrator. **6.30** Investigators look into the disappearance of a six-year-old girl.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **What the Killer...**
1.00 PM **Killer in My Village**
2.00 **Killing Mum and Dad**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **What the Killer Did Next** Nicola Stephenson.
7.00 **Most Evil Killers**
9.00 **Made for Murder**
10.00 **The Killer Within**
11.00 **How I Caught the Killer**
12.00 M'T **Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **World's Most Evil Killers** New edition
3.00 **Brit Cops**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Amerigo Vespucci: Forgotten Namesake of America** Documentary.
9.10 **Full Steam Ahead**
10.25 **Ancient Egypt: Life and Death in the Valley of the Kings**
11.45 **The Long Road to War**
1.00 PM **Amerigo Vespucci: Forgotten Namesake of America** Documentary.
2.05 **Full Steam Ahead**
3.20 **Ancient Egypt: Life and Death in the Valley of the Kings**
4.35 **The Long Road to War**
5.50 **Amerigo Vespucci: Forgotten Namesake of America** Documentary.
6.55 **Full Steam Ahead**
8.10 **Ancient Egypt: Life and Death in the Valley of the Kings**
9.30 **The Long Road to War**
10.45 **Full Steam Ahead**
12.00 M'T **Ancient Egypt: Life and Death in the...**
1.15 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Guest Wing**
7.00 **Discovering: Al Pacino**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Rolling Stone: Stories from the Edge** 6/6. Documentary.
11.00 **Spector** 1/4. Documentary.
12.00 NOON **Albert Brooks: Defending My Life**
1.50 PM **My Icon: Moeen Ali**
2.00 **Inventing Truth: The Relotius Affair** Documentary.
4.00 **The Directors**
5.00 **Discovering: Al Pacino**
6.00 **The Sixties**
7.00 **Last Call: When a Serial Killer Stalked Queer New York**
8.00 **Spector** 1/4. Documentary.
9.00 **Super/Man: The Christopher Reeve Story** Profile of the actor.
11.00 **Val** Documentary.
1.00 AM **The Great Horsemeat Scandal** Documentary.
1.30 **We Are Freestyle Love Supreme** Documentary.
3.20 **Spring Awakening: Those You've Known**
5.00 **to 6.00** AM **Discovering: Al Pacino**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Wild Fighters**
10.00 **Island of the Monsoon**
11.00 **Orangutan Jungle School**
12.00 NOON **Into the Wild: Colombia**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Wild Fighters**
4.00 **Island of the Monsoon**
5.00 **Valley of Flood and Fire**
6.00 **Into the Wild: Colombia**
7.00 **Monkey Life** Double bill.
8.00 **A Cheetah's Pride** Inara looks for her kidnapped cubs.
9.00 **Wildlife ER** The work of staff at the RSPCA Hospital in Brisbane.
10.00 **Into the Wild: Colombia** A look at the animals that call Colombia home.
11.00 **Valley of Flood and Fire**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wildest New Zealand**
2.00 **A Cheetah's Pride** As 8.00pm.
3.00 **Wildlife ER** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Wild Fighters**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** The history of Chester.
2.00 **Secrets of Great British Castles** Dover Castle.
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters**
8.00 **Instruments of Death**
9.00 **The Nostradamus Effect**
10.00 **Deadman's Curse**
11.00 **Royal Murder Mysteries**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** From Winchester.
3.00 **Secrets of Great British Castles** Carrickfergus Castle.
4.00 **Weird or What? With William Shatner** Medical mysteries.
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **The First 48 Presents: Critical Minutes**
7.00 **Homicide Hunter**
8.00 **After the First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** True-crime series.
2.00 **Killer USA**
3.00 **Killer Britain with Dermot Murnaghan**
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **The First 48**
8.00 **Murder By Medic**
9.00 **NEW SERIES The Eunuch Maker** Documentary.
10.00 **Very Scary People** New edition
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **The Eunuch Maker**
2.00 **Very Scary People**
3.00 **Murder By Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Orca vs Great White**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Sharks of Pirate Island**
3.00 **Sky Safari: Australia**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley diagnoses a cat with a bladder issue.
8.00 **Wild Chile** A look at the country's wildlife, including king penguins, seals and pumas.
9.00 **Latin America From Above: A Birdseye View** A look at the birds of Latin America.
10.00 **Predator Bloodlines**
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** Cyril and his team battle a flooded forest.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Expedition Unknown**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** An eyewitness in Kansas reveals photographic evidence of a UFO landing site.
8.00 **Expedition Unknown** Explorer Josh Gates presents from the chambers of an excavation site.
9.00 **Combat Dealers** Bruce Crompton heads to a Martello Tower on the Channel Islands.
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** Henry Cole journeys across America's Wild West.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 1/6. Eight months after the Henshall salon went up in smoke, the family prepare to reopen their business once more. But Allie and Ruby have more pressing concerns – they are both heavily pregnant by the same man. Stars Sarah Parish and Lucy Gaskell. (S3)
10.20 **The Bill** *Funny Ol' Business – Cops and Robbers:* 1/11. The first episode of the police drama sees PC Jim Carver acclimatising to life at London's Sun Hill station. **11.20** *A Friend in Need:* 2/11. Brownlow investigates a spate of bomb hoaxes in Sun Hill. (S1)
12.20 AM **Pointless** Double bill.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **999 Rescue Squad**

+1 hour 266 376

ID

154 166

8.00 AM **True Conviction**
9.00 **Betrayed**
11.00 **Til Death Do Us Part**
1.00 PM **Murder Decoded**
3.00 **Welcome to Killer Town**
5.00 **Twisted Sisters**
7.00 **Murder in the Heartland** The murder of Charlene Puffenbarger in Ohio,. **8.00** When an Ohio couple was found dead in their ransacked home, detectives turned to the community for help in a bid to uncover the truth of what happened.
9.00 **No One Can Hear You Scream** A 31-year-old mother-of-three vanishes without a trace in Montana.
10.00 **What Lies Beneath** The story of how a Florida family mysteriously went missing.
11.00 **People Magazine Investigates: Cults**
12.00 M'T **Grave Secrets**
2.00 AM **Twisted Sisters**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Bad Chad Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's...**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop** Richard faces a client who is keen for work to start on his vintage Bentley.
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **JDM Legends**

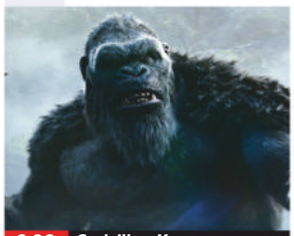
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.05 AM **SuperKlaus** (2024, PG)
7.50 **Twilight of the Warriors: Walled In** Action thriller. (2024, 15, 126min) ★★★
10.10 **I.S.S** Thriller. (2023, 15) ★★★
12.00 NOON **Slingshot** As 8.00pm.
2.00 PM **Problemista** Comedy. (2024, 15, 104min) ★★★
3.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
6.00 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★



6.00 Godzilla x Kong

8.00 Slingshot Sci-fi thriller starring Casey Affleck. An astronaut attempts to stay sane while on a troubled mission to Saturn's moon, Titan. With Laurence Fishburne, Emily Beecham, Tomer Capone and David Morrissey. (2024, 15, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Get Away Horror comedy starring Nick Frost. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **A Quiet Place: Day One** Horror. (2024, 15) ★★★★
1.35 AM **Christmas Eve in Miller's Point** Festive comedy drama. (2024, 12, 106min) ★★★★
3.30 **Get Away** As 10.10pm.
5.10 **to 6.45** AM **The 4:30 Movie** Comedy. (2024, 15) ★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **The Brady Bunch Movie**
7.35 **It Takes Two** As 1.00am.
9.25 **Daddy Day Camp** As 11.25pm.
11.10 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
12.40 PM **Stuart Little 2** Fantasy sequel. (2002, U) ★★★★
2.15 **Pixels** Sci-fi action comedy. (2015, 12, 105min) ★★
4.15 **Anger Management** (2003)
6.15 **Bean** Comedy spin-off starring Rowan Atkinson. (1997, PG, 90min) ★★★

8.00 Mr Bean's Holiday

8.00 Mr Bean's Holiday Comedy starring Rowan Atkinson. Accident-prone Mr Bean wins a holiday to the south of France. With Emma de Caunes. (2007, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Anger Management Comedy starring Adam Sandler and Jack Nicholson. After being mistakenly accused of an air-rage incident, a mild-mannered man is sent to attend anger management classes. With Marisa Tomei. (2003, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
1.00 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
2.45 **Pixels** As shown at 2.15pm.
4.35 **Sky Cinema Preview**
5.25 **to 7.00** AM **The Brady Bunch Movie** Spoof comedy. (1995, 12, 89min) ★★★

Sky Cinema Drama

310 410 510 524

6.15 AM **She Came to Me** Comedy drama starring Peter Dinklage. (2023, 15, 102min) ★★★★
8.00 **Mo' Better Blues** Spike Lee's drama. (1990, 15, 127min) ★★★
10.15 **Billionaire Boys Club** Crime drama. (2018, 15, 108min) ★
12.05 PM **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★
2.15 **8 Mile** Drama starring Eminem. (2002, 15, 112min) ★★★
4.10 **The Theory of Everything** Biopic of Stephen Hawking, starring Eddie Redmayne. (2014, 12, 120min) ★★★★
6.15 **Mr Holmes** Mystery starring Ian McKellen and Laura Linney. (2015, PG, 101min) ★★★★
8.00 **Magic Mike's Last Dance** Comedy drama sequel starring Channing Tatum and Salma Hayek. (2023, 15, 112min) ★★★
9.55 **Whiplash** Drama starring Miles Teller and JK Simmons. (2014, 15, 106min) ★★★★★
11.50 **The End of the Affair** Romantic drama. (1999, 18, 101min) ★★★
1.40 AM **Aporia** Sci-fi drama. (2023, 15, 104min) ★★★★
3.30 **Babylon** Drama. (1980, 15) ★★★
5.15 **to 7.00** AM **Lamborghini: The Man Behind the Legend** Drama. (2022, 12, 97min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.10 AM **Lisa Frankenstein** (2024)
8.00 **Ex Machina** As 1.05am.
10.00 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
11.55 **Minority Report** Steven Spielberg's sci-fi thriller. (2002, 12, 145min) ★★★★
2.30 PM **Lisa Frankenstein** Comedy horror. (2024, 15, 101min) ★★★
4.20 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
6.10 **Insidious: Chapter 2** Supernatural thriller sequel starring Patrick Wilson and Rose Byrne. (2013, 15, 103min) ★★★
8.00 **Dune: Part Two** Sci-fi drama sequel with Timothée Chalamet. (2024, 12, 166min) ★★★★★
10.55 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★
1.05 AM **Ex Machina** Sci-fi drama starring Domhnall Gleeson. (2014, 15, 104min) ★★★★
3.00 **The Core** Sci-fi action thriller starring Aaron Eckhart. (2002, 12, 135min) ★★★
5.20 **to 7.00** AM **Monolith** Thriller. (2022, 15, 90min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

6.10 AM **Muppets from Space**
7.50 **Robo-Dog** As 4.30am.
9.30 **The Spiderwick Chronicles** Children's fantasy adventure. (2008, PG, 91 min) ★★★★
11.15 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★
2.25 PM **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
4.00 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161 min) ★★★★

4.00 ...Desolation of Smaug

6.50 The Lord of the Rings: The Return of the King Epic fantasy adventure concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga, starring Elijah Wood, Ian McKellen and Viggo Mortensen. (2003, 12, 201 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 The Hobbit: The Battle of the Five Armies Conclusion of the fantasy adventure trilogy starring Martin Freeman. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Reuniting the Rubins** Comedy drama with Timothy Spall. (2010, PG, 98min) ★
2.45 **Muppets from Space** Children's sci-fi comedy. (1999, U, 85min) ★★★
4.30 **to 6.15** AM **Robo-Dog** Family sci-fi adventure. (2015, PG, 87min) ★★★

Sky Cinema Stunts
307 407 507 521

6.00 AM **The Cinema List: Fast Cars**
6.15 **The Canton Godfather** Period action comedy. (1989, PG, 122min) ★★★
8.30 **SAS: Red Notice** Action thriller starring Sam Heughan. (2021, 15, 90min) ★★★
10.40 **Once Upon a Time in China**
1.00 PM **First Knight** As 10.05pm.
3.25 **Now You See Me 2** (2016)
5.45 **Warcraft** Fantasy adventure starring Travis Fimmel. (2016, 12, 123min) ★★★

5.45 Warcraft

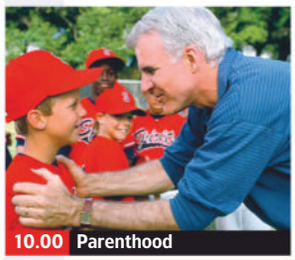
8.00 Mad Max: Fury Road Sci-fi thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 First Knight Romantic mythical drama starring Sean Connery, Richard Gere and Julia Ormond. Lady Guinevere finds her emotions torn between King Arthur and wandering knight Lancelot. (1995, PG, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Now You See Me 2** Crime thriller sequel. (2016, 12, 124min) ★★★
2.50 **The Cinema List: Revenge**
3.10 **Warcraft** As 5.45pm.
5.15 **to 7.35** AM **Once Upon a Time in China** Action drama. (1991, 15, 120min) ★★★★★

Sky Cinema Comedy
308 408 508 522

6.30 AM **Kingpin** As 12.10am.
8.25 **Girls Trip** As 5.55pm.
10.30 **Miss Congeniality** As 8pm.
12.30 PM **Nacho Libre** Action comedy starring Jack Black. (2006, 12, 92min) ★★★★
2.10 **Horrible Bosses** Comedy starring Jason Bateman. (2011, 15, 93min) ★★★
3.50 **Parenthood** As 10.00pm.
5.55 **Girls Trip** Comedy starring Regina Hall and Queen Latifah. (2017, 15, 122min) ★★


10.00 Parenthood

8.00 Miss Congeniality Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine and Benjamin Bratt. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Parenthood Comedy drama about family life starring Steve Martin and Mary Steenburgen. An anxious father strives to do the best for his kids – but his efforts don't always work out as planned. (1989, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Kingpin** Comedy. (1996, 12, 114min) ★★★
2.10 **Clerks** Cult comedy. (1994, b/w, 18, 92min) ★★★★
3.45 **Fords on Water** Comedy. (1983, 15, 83min) ★★★
5.15 **to 7.00** AM **Blue Hawaii** Musical. (1961, PG, 103min) ★★

Sky Cinema Crime
309 409 509 523

6.00 AM **Sky Cinema Preview**
6.45 **Marlowe** As 4.25am.
8.45 **Anon** Thriller with Clive Owen. (2018, 15, 100min) ★★★
10.40 **12 Angry Men** As 4.05pm.
12.35 PM **The Big Heat** Thriller. (1953, b/w, 15, 90min) ★★★★
2.10 **Absolution** Crime thriller. (2024, 15, 112min) ★★★
4.05 **12 Angry Men** Legal drama. (1957, b/w, U, 95min) ★★★★★
6.00 **To Catch a Thief** Hitchcock thriller. (1955, PG) ★★★★

8.00 The Day of the Jackal

8.00 The Day of the Jackal Thriller based on the novel by Frederick Forsyth, starring Edward Fox as a cold-blooded assassin hired to kill French president Charles de Gaulle. (1973, 15, 142min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Three Days of the Condor Conspiracy thriller starring Robert Redford and Faye Dunaway. A bookish CIA researcher on the run from rogue agents kidnaps a photographer to stay alive. (1975, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
2.35 **Nighthawks** Action thriller. (1981, 18, 99min) ★★★
4.25 **to 6.25** AM **Marlowe** Crime thriller. (2022, 15, 110min) ★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Journey to the Centre of the Earth** Fantasy adventure. (1959, U, 132min) ★★★
1.40 PM **The 300 Spartans** War epic starring Richard Egan. (1962, PG, 113min) ★★★
3.55 **Tora! Tora! Tora!** World War Two epic with Martin Balsam. (1970, U, 144min) ★★★
6.45 **The Eagle** Action adventure starring Channing Tatum. (2011, 12, 113min) ★★★

11.15 Antwone Fisher

8 PM **The Eagle** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00 Fisherman's Friends: One and All** Comedy sequel starring James Purefoy, Sam Swainsbury and Dave Johns. The Fisherman's Friends struggle to adjust to their new-found fame and work towards a second album. (2022, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.15 Antwone Fisher** Drama directed by and co-starring Denzel Washington. A US Navy sailor tries to deal with the traumas left by his abusive childhood. With Derek Luke. (2002, 15, 120min) ★★★★

11 PM
1.30 **to 3.45** AM **Patti Cake$** Drama starring Danielle Macdonald and Sahr Ngaujah. (2017, 15, 109min) ★★★

+1hour 314 430 47 301

Sky Cinema Icons
302 402 502 516

7.50 AM **Ferrari** As shown at 4.10am.
10.05 **Gorillas in the Mist** Fact-based drama with Sigourney Weaver. (1988, 12, 124min) ★★★★
12.15 PM **Field of Dreams** Fantasy. (1989, PG, 106min) ★★★★★
2.05 **Miss Potter** Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★★
3.45 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★

5.45 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
8.00 **The King's Speech** Oscar-winning drama starring Colin Firth, Geoffrey Rush and Helena Bonham Carter. An unconventional speech therapist is the future George VI's last hope to cure his stammer. (2010, 12, 118min) ★★★★★
10.00 **Gran Torino** Drama directed by and starring Clint Eastwood. (2008, 15, 116min) ★★★★

12.00 M'T **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
2.25 AM **Daddio** Drama starring Dakota Johnson and Sean Penn. (2023, 15, 101 min) ★★★★
4.10 **to 6.25** AM **Ferrari** Drama. (2023, 15, 130min) ★★★

Sky Cinema Greats
304 404 504 518

6.00 AM **Blade Runner** As 11.50pm.
8.00 **The Lawnmower Man** (1992)
10.20 **Back to the Future** Time-travel comedy fantasy. (1985, PG, 115min) ★★★★★
12.20 PM **Back to the Future Part II** Time-travel comedy sequel. (1989, PG, 107min) ★★★
2.20 **Back to the Future Part III** Time-travel comedy sequel. (1990, PG, 112min) ★★★★

4.20 **The War of the Worlds** Sci-fi thriller starring Gene Barry. (1953, PG, 85min) ★★★★
5.50 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1979, U, 132min) ★★★
8.00 **Star Trek II: The Wrath of Khan** Sci-fi adventure sequel starring William Shatner. (1982, 12, 113min) ★★★★
10.00 **Star Trek III: The Search for Spock** Sci-fi adventure sequel. (1984, PG, 105min) ★★

11.50 **Blade Runner** Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
1.55 AM **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. (1992, 15, 105min) ★★★
4.25 **to 6.00** AM **The War of the Worlds** As shown at 4.20pm.

Sky Cinema Animation
305 412 500 514

6.10 AM **The Angry Birds Movie 2**
7.55 **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U, 72min) ★★
9.15 **Dragon Rider** As 3.25am.
10.55 **Wallace & Gromit: The Curse of the Were-Rabbit** As 7.05pm.
12.25 PM **The Lego Ninjago Movie**
2.15 **The Angry Birds Movie** Animation with the voice of Jason Sudeikis. (2016, U, 97min) ★★★

4.00 **Over the Hedge** As 10.25pm.
5.30 **The Rugrats Movie** Animation featuring the voice of EG Daily. (1998, U, 80min) ★★★
7.05 **Wallace & Gromit: The Curse of the Were-Rabbit** Animated comedy adventure. (2005, U, 85min) ★★★★★
8.40 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
10.25 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
12.00 M'T **The Rugrats Movie** (1998)

1.35 AM **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101 min) ★★
3.25 **Dragon Rider** Animation. (2020, PG, 91 min) ★★★
5.05 **to 6.30** AM **Scooby-Doo! The Sword and the Scoob** Animation. (2021, PG) ★★★

Movies 24
312 419

7.00 AM **A Scottish Love Scheme** Drama. (2024, PG, 84min) ★★
9.00 **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★
11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
1.00 PM **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
3.00 **Meet Me in New York** Drama. (2022, PG, 90min) ★★

5.00 **The Wedding Contest** Comedy drama. (2023, PG, 88min) ★★
7.00 **Flowers and Honey** Romantic drama with Ashley Newbrough. (2021, PG, 90min) ★★
9.00 **The Blessing Bracelet** Romantic drama starring Amanda Schull and Carlo Marks. A woman rediscovers a special bracelet that helps restore her faith and renew her belief in love. (2023, PG, 90min) ★★
11.00 **How to Find Forever** Romantic drama. (2021, PG, 90min) ★★

1.00 AM **The Beauty of Love** Drama starring Katerina Eichenberger. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **The Boxer and the Butterfly** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Down Among the Z Men** Comedy. (1952, U, 71 min) ★★★
7.20 **Subway in the Sky** Thriller. (1958, b/w, PG, 85min) ★★
9.05 **Murder on the Campus** Mystery with Terence Longdon. (1961, b/w, U, 60min) ★★★
10.20 **The Ghost of Rashmon Hall** Horror. (1947, b/w, PG, 55min) ★
11.25 **The Rossiter Case** Mystery. (1950, b/w, PG, 75min) ★★★

1.00 PM **Piccadilly Incident** Wartime melodrama. (1946, b/w, PG) ★★
3.00 **The Saint** 8/9. (S4)
4.05 **The Great Game** Satirical drama. (1953, b/w, U, 80min) ★★★
5.40 **Look at Life**
5.50 **Dixon of Dock Green** (S5)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 3/13. (S5)
9.05 **The Claim** Period drama. (2000, 15, 120min) ★★
11.25 **Spring and Port Wine** Comedy. (1970, PG, 101 min) ★★★

1.25 AM **A Child is Waiting** Drama starring Burt Lancaster. (1963, b/w, PG, 102min) ★★
3.30 **During One Night** Wartime drama. (1961, b/w, 15, 80min) ★★
5.10 **Comedy Cocktail**
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **Big Bash League Sydney Thunder v Perth Scorchers.** The T20 match at Sydney Showground. The Thunder finished bottom of the table last year, while the Scorchers reached the play-offs, but were defeated by Adelaide Strikers in the Knockout stage.
11.45 **My Icon** A famous sportsperson.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** The latest news.
3.00 LIVE **SA20 MI Cape Town v Paarl Royals.** Coverage of the T20 match at Newlands Cricket Ground in Cape Town. The hosts finished bottom of the table last year, while the Royals reached the play-offs but were beaten in the Eliminator by Joburg Super Kings.
7.30 **The Transfer Show**
8.00 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
1.00 AM LIVE **NFL** Coverage of the sixth Wild Card play-off, as the line-up for the Divisional play-offs is finally confirmed.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
1.00 PM **Premier League Years**
3.00 **PL Retro** A replay of Leicester City v West Ham United in 2016.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **PL 100: Thierry Henry**
6.30 **Premier League 100 Club**
7.00 **Unpacked** With Pep Guardiola. **7.15** Arne Slot answers questions.
7.30 **My Origin Story: Unai Emery**
7.45 **My Origin Story: Matthijs De Ligt** A look at the rise of the Manchester United defender.
8.00 **Gary Neville's Soccerbox** The presenter talks to Robert Pires. **8.30** With Michael Owen.
9.00 **The Fall and Rise of Leeds United** A look at the heartbreak suffered by Leeds in past years.
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 09/10**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup** The 2018 final.
8.00 **Celtic's Invincibles**
9.00 **Scottish Premiership Round-Up**
9.15 **SPFL Highlights** Recent action.
9.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.30 **SPFL** The 2010/11 season.
12.00 NOON **Scottish Premiership Round-Up** Recent action.
12.15 PM **SPFL Highlights**
12.45 **EFL Highlights** Championship.
3.00 **Scottish Premiership Round-Up**
3.15 **SPFL Highlights** Recent action.
3.45 **EFL Highlights**
5.30 **Scottish Premiership Round-Up**
5.45 **SPFL Highlights** Action from Aberdeen v Hearts at Pittodrie. **6.00** Ross County v Celtic.
6.15 **EFL Highlights** Watford v Sheffield United at Vicarage Road.
6.30 **Bundesliga Highlights Show**
7.30 **EFL Highlights** Championship.
8.30 **Scottish Premiership Round-Up**
8.45 **SPFL Highlights** Recent action.
9.15 **EFL Highlights** Championship.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Championship play-offs.
2.00 AM **EFL Rivalries**
2.30 **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **SA20** T20 highlights.
7.00 **Best of the Big Bash League**
7.15 **Women's Big Bash League**
7.25 **Big Bash League** Highlights.
8.25 LIVE **Big Bash League Sydney Thunder v Perth Scorchers.** Coverage of the T20 match from Sydney Showground.
11.45 **Big Bash League** Highlights.
12.45 PM **Best of the Big Bash League** Action from the archives.
1.00 **Best of the Women's World T20**
1.30 **Women's ICC World T20 Cricket**
2.00 **SA20** Highlights of Pretoria Capitals v Durban's Super Giants.
3.00 LIVE **SA20 MI Cape Town v Paarl Royals.** Coverage of the T20 match staged at Newlands Cricket Ground in Cape Town.
7.30 **Best of England v South Africa**
8.00 **Big Bash League** Action from Sydney Thunder v Perth Scorchers.
9.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League** Highlights.
12.00 M'T **SA20** Another chance to see MI Cape Town v Paarl Royals.
4.30 AM **Jimmy Anderson's Greatest Spells** Archive action.
5.15 **Blue for Bob** A Bob Willis tribute.
5.30 **to 6.00** AM **Best of the Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf** A replay of day three of the Team Cup.
11.30 **PGA Tour Golf** A replay of day four of the Sony Open in Hawaii.
3.30 PM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
4.00 **Ryder Cup Memories**
5.00 **My Ryder Cup** Interviews.
5.30 **Junior Golf** Highlights of the Junior Golf Championship.
6.00 **DP World Tour Golf** Team Cup.
7.00 **PGA Tour Golf** Highlights from the Sony Open in Hawaii.
8.00 **Junior Golf** Highlights of the Junior Golf Championship.
8.30 **DP World Tour Golf** Action from day three of the Team Cup at Abu Dhabi Golf Resort in the UAE.
9.30 **PGA Tour Golf** Sony Open.
10.30 **Junior Golf** Highlights of the Junior Golf Championship.
11.00 **DP World Tour Golf** Team Cup .
12.00 M'T **PGA Tour Golf**
1.00 AM **DP World Tour Golf**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **WTA Tennis** Auckland Open.
8.00 **ATP Tennis** Auckland Open.
9.00 **Tennis** The United Cup final.
11.00 **US Open** Action from 2024.
1.00 PM **Grit, Glory & Legacy**
1.45 **Bitesize Tennis** Andy Murray.
2.00 **ATP Tennis** Classic matches.
4.00 **WTA Tennis** Auckland Open.
5.00 **ATP Tennis** Auckland Open final.
6.00 **US Open** Action from 2024.
8.00 **WTA Tennis** Auckland Open.
9.00 **ATP Tennis** Auckland Open final.
10.00 **US Open Classic Matches**
11.00 **Tennis** The United Cup final.
1.00 AM **US Open** Highlights.
3.00 **US Open Classic Matches**
4.00 **to 6.00** AM **ATP Tour Classics**

TNT Sports 1

410 870 527 408 430

6.45 AM **One Day International Cricket** New Zealand v Sri Lanka.
7.45 **TNT Sports Cricket Reload** India Women v Ireland Women.
8.00 **Serie A** AC Milan v Cagliari. **9.00** Napoli v Hellas Verona.
10.00 **UEFA Champions League Magazine** News and action.
1.00 PM **UEFA Europa League & Conference League Magazine**
2.00 **UEFA Champions League Road To Glory** A look back at Manchester United's 1998/99 Champions League success.
3.00 **Formula E** Highlights of the race from the second round of the season staged in Mexico City.
4.00 **Formula E Unplugged**
4.30 **Premier League Stories**
5.00 **Premier League: Big Interview**
5.30 **Premier League Preview**
6.00 LIVE **Ultimate Pool** Coverage from the latest round of the season.
9.30 **Women's Ashes** Highlights of Australia v England in the first ODI in the multi-format series.
10.30 PM **to 6.00** AM LIVE **Women's Ashes Australia v England.** Coverage of the second ODI in the multi-format series staged at Junction Oval in Melbourne.

TNT Sports 2

411 871 528 409 431

6.00 AM **Formula E Unplugged**
6.30 **Formula E** Mexico City highlights.
7.30 **Vendee Globe Highlights**
8.00 **Premiership Women's Rugby**
9.00 **Premier League Legends**
9.30 **Women's Ashes** Australia v England at North Sydney Oval.
11.00 **Test Cricket Highlights** Action from the five-match series between Australia and India.
7.00 PM **Women's One-Day International Cricket** Action from India v Ireland staged at Niranjan Shah Stadium, Rajkot.
8.00 **Test Cricket Highlights** A look back at the fifth and final Test between Australia and India.
10.00 **Packer: The Man Who Changed Cricket** A look at the influence Australian media mogul Kerry Packer had on the game.
11.30 LIVE **Women's T20 Super Smash Wellington Blaze v Otago Sparks.** Coverage of the match staged at Cello Basin Reserve in Wellington.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM LIVE **T20 Super Smash Wellington Firebirds v Otago Volts.** Coverage from Cello Basin Reserve in Wellington.

TNT Sports 3

417 874 529 410 432

6.00 AM **A-League** Recent matches.
12.00 NOON **One Day International Cricket** Highlights from the three-match series between New Zealand and Sri Lanka.
3.00 PM **Premiership Women's Rugby** Highlights from Exeter Chiefs v Bristol Bears.
4.00 **Women's One-Day International Cricket** Highlights from India v Ireland staged at Niranjan Shah Stadium, Rajkot.
5.00 **Women's Ashes** Australia v England at North Sydney Oval.
6.30 **A-League Highlights** Round 13.
7.00 **A-League Women Highlights** The 11th round of fixtures.
7.30 **Formula E** Mexico City highlights.
8.30 **A-League Highlights**
9.00 **Fishing: On the Bank**
10.00 **Fight Week** UFC 311 preview.
10.30 **UFC** Another chance to see Mackenzie Dern v Amanda Ribas.
1.30 AM **Fight Week** UFC 311 preview.
2.00 **UFC Main Event**
3.00 **NBA on Fire** The latest news.
3.30 **to 6.00** AM LIVE **NBA Los Angeles Lakers v San Antonio Spurs.** Coverage of the Western Conference match from Crypto.com Arena. Tip-off **3.30am**.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights**
12.30 PM **NFL Highlights**
1.00 **Good Morning Football**
3.00 **NFL Bitesize Highlights**
3.30 **NFL Highlights**
3.45 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights**
8.30 **NFL Highlights** Action from the fifth Wild Card play-off. **8.45** Action from the first Wild Card play-off match. **9.00** Action from the fifth Wild Card play-off match. **10.00** Highlights from the third Wild Card play-off. **11.00** Featuring action from the fourth Wild Card play-off. **12.00** M'T Action from the fifth Wild Card play-off.
1.00 AM LIVE **NFL** Coverage of the sixth Wild Card play-off, as the line-up for the Divisional play-offs is confirmed. Tampa Bay Buccaneers were the final team to book their place in the next round last year, claiming a victory over Philadelphia Eagles.
4.30 **to 6.00** AM **NFL Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **DP World Tour Golf**
7.00 **ATP Tennis** Auckland Open final.
8.00 **WTA Tennis** Event highlights.
10.00 **ATP Tennis** Tournament action.
11.00 **Fight Night** Simpson v Woodall.
12.00 NOON **Big Bash League**
1.00 PM **Big Bash League** Sydney Thunder v Perth Scorchers.
4.05 **ATP Tennis** The Auckland Open.
5.00 **WTA Tennis** Hobart International. **6.00** Adelaide International final.
7.00 **ATP Tennis** Highlights from the ATP Adelaide International final.
8.00 **Fight Night** A chance to see Callum Simpson v Steed Woodall.
9.00 **Big Bash League** Highlights of recent tournament matches.
11.00 **NFL Highlights** Denver Broncos v Kansas City Chiefs.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Fight Night** Highlights.
2.00 **Fight Night International**
3.00 **Big Bash League** Highlights.
4.00 **to 6.00** AM **SA20**

TNT Sports 4

421 876 530 411 434

6.00 AM **Autumn Nations Series** England v New Zealand. **7.00** Action from Scotland v Fiji. **8.00** Ireland v New Zealand. **9.00** England v Australia. **10.00** Italy v Argentina. **11.00** France v Japan. **12.00** NOON Wales v Fiji.
1.00 PM **NBA** A replay of Dallas Mavericks v Denver Nuggets.
2.30 **NBA Action** Highlights.
3.00 **NBA on Fire** The latest news.
3.30 **NBA** A chance to see Dallas Mavericks v Denver Nuggets.
5.00 **Serie A** AC Milan v Cagliari. **6.00** Napoli v Hellas Verona.
7.00 **NBA** A chance to see Dallas Mavericks v Denver Nuggets.
8.30 **Tom Aspinall's Fight Lab**
9.15 **NBA Action** Highlights.
9.45 **NBA on Fire** The latest news.
10.15 **NBA** A chance to see Dallas Mavericks v Denver Nuggets.
11.45 **What I Wore** Owen Hargreaves.
12.00 M'T **to 6.00** AM **A-League**

Eurosport 1

413 870 521 412 435

5.30 AM LIVE **Australian Open Tennis** Coverage of the second day of the Grand Slam event, featuring first-round matches staged at Melbourne Park.
1.00 PM LIVE **Masters Snooker Mark Williams v Ding Junhui.** Coverage of the third of the first-round matches staged at Alexandra Palace in London.
4.30 **Dakar Rally** Stage seven staged in Al Duwadimi, Saudi Arabia.
5.30 **Masters Snooker** Highlights from Mark Williams v Ding Junhui.
6.45 LIVE **Masters Snooker Mark Selby v Ali Carter.** The fourth of the first-round matches at Alexandra Palace in London.
10.30 **Masters Snooker** Highlights form Mark Selby v Ali Carter.
11.30 **Dakar Rally** The eighth stage.
12.30 **to 5.30** AM LIVE **Australian Open Tennis** The third day of the event, featuring first-round matches from Melbourne Park.

Eurosport 2

414 871 522 413 436

5.30 AM LIVE **Australian Open Tennis** Coverage of the second day of the Grand Slam event, featuring first-round matches staged at Melbourne Park.
1.00 PM **Australian Open Tennis** Action from day two of the event.
7.00 **Snowboarding** Highlights from the men's and women's big air competitions in Kreischberg.
8.00 **Dakar Rally** Highlights of stage eight of the race from Al Duwadimi to Riyadh in Saudi Arabia.
9.00 **Alpine Skiing** The women's super-G in the World Cup meeting staged at St Anton in Austria. **10.00** The men's giant slalom at the World Cup meeting staged at Adelboden in Switzerland.
10.30 **Australian Open Tennis** A key match from the second day.
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Coverage of the third day, featuring first-round matches at Melbourne Park.

Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk** Discussion of the latest football transfer news and rumours of possible moves.
1.00 PM **Lunchtime Live** The sports stories making the headlines.
2.00 **Sports Desk** Sports news with live analysis and comments.
5.00 **The Transfer Show** Analysis of the latest transfer news.
5.30 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Sky Sports News** Round-up of the latest sports news.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Graham Hill: World Champion** A profile of the driver.
12.30 PM **Formula 1** The 2024 Miami Grand Prix qualifying session.
2.30 **Ted's Notebook**
3.00 **Formula 1** Another chance to see the 2024 Miami Grand Prix at Miami International Autodrome.
7.55 **Ted's Notebook**
8.25 **F1 Explained: Formation Lap**
8.30 **Formula 1** Another chance to see the 2024 Miami Grand Prix.
10.45 **McLaren's Rise to the Top**
10.55 **What's Next For Valtteri Bottas?** Interview with the driver.
11.00 **Formula 1** Highlights from the 2024 Miami Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Tuesday

14 January

Evening Planner

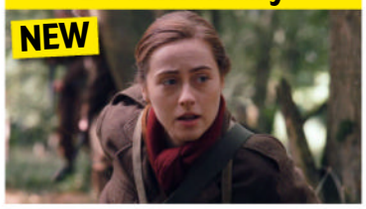
Football

Premier League
TNT Sports 1, 2, 3 & 4, from 7.30pm
Cole Palmer and his Chelsea team-mates play host to Bournemouth (TNT Sports 3, k-o 7.30pm) at Stamford Bridge.

Documentary

Inside the Factory
BBC1, 8pm
Paddy McGuinness (above) visits the Walkers factory to learn some surprising secrets about the making of Quavers.

Documentary



The Lost Women Spies
Sky History, 9pm (box set, Sky/NOW)
A fascinating look at how British female agents were sent on operations behind enemy lines during World War Two.

OnDemand

BBC iPLAYER

The Island
First two episodes available today, then weekly
Gaelic language drama set on the islands of Lewis and Harris, starring Sorcha Groundsell.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Silent Witness		10.00 News; Local News	
	102 BBC2	7.00 Villages by the...	7.30 Nadiya's Fast...	8.00 Digging for Britain		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 The Martin Lewis Money Show: Live		9.00 Inside M&S at New Year		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Eat Smart: Secrets of the Glucose...		9.00 Manhunt		10.00 Marilyn Manson: Unmasked	
	105 CHANNEL 5	7.00 Lost Dog, Found Dog with Clare Balding		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 Who Killed Lin & Megan Russell?	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Secret World of Sound with David...		9.00 From			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Simple Life		9.05 Film: The Shallows			10.25 Video Nasty
	116 BBC4	7.00 Snooker: The Masters – Live: Mark Allen v Si Jiahui						10.00 Gods of Snooker	
	118 ITV2	◂ 6.10 Film: Harry Potter and the Deathly Hallows: Part I				9.00 Love Island: All Stars		10.05 Coleen Rooney: The Real...	
	136 MORE4	◂ 6.55 Car S.O.S.		8.00 PopMaster TV		9.00 Yorkshire by the Sea		10.00 Emergency	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Matlock		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 Lockerbie: A Search for Truth			10.15 Riviera
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Unforgotten	
	120 ITV4	7.00 The Motorbike Show		8.00 The Grand Fishing Adventure		9.00 Giant Lobster Hunters		10.00 Film: Jaws 2	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Romesh Ranganathan: Irrational Live		10.00 Film: Studio 666	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead			10.10 Grimm
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs NBA Basketball		9.00 From			
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Stories from the National Gallery		9.00 Art Matters			10.30 Up Late with...
	132 U&W	7.00 DIY SOS: The Big Build Ireland		8.00 Inside the Ambulance		9.00 Pete Wicks: For Dogs' Sake		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Gold Rush		10.00 The Last Woodsmen	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 The Aquarium				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 WW2: Hell Under the Sea		9.00 Hitler's Last Stand		10.00 Hitler's Teen Killers	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 The Lost Women Spies			10.10 Prison Chronicles
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Speed with Guy Martin		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Last Call: When a Serial Killer Stalked...		8.00 Spector		9.00 Dart Kings		10.00 Becoming Madonna	
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 A Quiet Place: Day One		8.00 The Fall Guy					10.10 Get Away
	302 ICONS	◂ 6.05 The King's Speech			8.05 There Will Be Blood				
	303 HITS	◂ 5.55 Spider-Man		8.00 Spider-Man 2					10.10 Spider-Man 3
	304 GREATS	◂ 5.50 A League of Their Own		8.00 Top Gun				9.55 Out of Africa	
	305 ANIMATION		7.10 The Secret Life of Pets		8.45 The Emoji Movie				10.20 Madagascar: Escape...
	306 FAMILY	◂ 6.05 Mr Bean's Holiday	7.45 The Smurfs				9.35 The Smurfs 2		
	307 STUNTS	◂ 5.50 Mad Max: Fury Road		8.00 Gran Turismo					10.15 2012
	308 COMEDY	◂ 5.55 It's Complicated		8.00 Two Weeks Notice			9.50 Clerks		
	309 CRIME	◂ 6.00 Promising Young Woman		8.00 Baywatch				10.00 Bad Boys	
	310 DRAMA	◂ 5.45 Spotlight		8.00 Meet Joe Black					
	311 SCI-FI	◂ 5.05 Dune: Part Two		8.00 Five Nights at Freddy's				10.00 Monolith	
	313 FILM4	◂ 6.05 Midway				9.00 Smile			
SPORT	401 MAIN EVENT	◂ 3.00 SA20 – Live	7.30 SPFL – Live: Dundee v Celtic (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 PL Icons
	403 FOOTBALL	◂ 5.20 Bundesliga...	7.30 SPFL – Live: Dundee v Celtic (Kick-off 8.00)						10.30 EFL Highlights
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Best of...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	◂ 6.30 Premier League – Live: Nottingham Forest v Liverpool (Kick-off 8.00)							
	411 TNT SPORTS 2	◂ 6.30 Premier League – Live: Brentford v Manchester City (Kick-off 7.30)						10.00 The Football's On	

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition Lost pieces of jewellery with sentimental value. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** New edition Featuring past buyers in Pembrokeshire. (S)(AD)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition Decluttering. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Inside the Factory

7 PM

7.00 **The One Show** Topical show hosted by Alex Jones and Lauren Laverne. (S)
7.30 **EastEnders** Ravi takes control of an explosive situation, Reiss makes a reckless decision, and Jack tries to help Denise. (S)(AD)

8 PM

8.00 **Inside the Factory** New edition 3/6. Paddy McGuinness travels to Lincoln to explore the surprising process of turning potato starch into 500 million packs of Quavers cheese curls every year. *See feature, page 21.* (S)(AD)

9 PM

9.00 **Silent Witness** New episode *Homecoming – Part Two:* 4/10. After another hammer attack, the Lyell team start uncovering connections to a conspiracy involving blackmail and the local government. (S28) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM PREMIERE Quiz Lady** Comedy starring Sandra Oh, Will Ferrell and Awkwafina. Two siblings embark on a madcap cross-country odyssey to transform a shrinking violet into a game show contender. (S) (2023, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Pointless Celebrities** Alexander Armstrong and Richard Osman present as Mark Stacey, Catherine Southon, Kye Whyte, Dan Powell, Anjli Mohindra, Meera Syal, Rosie Jones and Suzi Ruffell compete for charity. (S)(R)
1.05 **Weather for the Week Ahead** Seven-day forecast. (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **I Escaped to the Country** From Devon and Northumbria. (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Digging for Britain** 1/6. Archaeologists who are digging an Anglo-Saxon cemetery. (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **LIVE Snooker: The Masters** Judd Trump v Barry Hawkins: Hazel Irvine presents coverage of the fifth first-round match, held at Alexandra Palace in London. (S)
4.15 **World's Weirdest Events** (S)(R)
5.15 **Flog It!** Paul Martin hosts from the Old College in Aberystwyth. (S)(R)
6.00 **Richard Osman's House of Games** New edition (S)
6.30 **Joanna Page's Wild Life** New edition 7/15. Joanna is sent to rescue a hedgehog. (S)

9.45 Live at the Apollo

7 PM

7.00 **Villages by the Sea** Ben Robinson explores the remains of a lost harbour in Port Carlisle, Cumbria. (S)(R)
7.30 **Nadiya's Fast Flavours** 2/6. Quick and easy recipes, including sweet and sour stir-fried prawns. (S)(R)(AD)

8 PM

8.00 **Digging for Britain** New edition 4/6. Alice Roberts follows 100 students digging at Auckland Palace in Co Durham for evidence of what happened here during Oliver Cromwell's brief Commonwealth. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **QI XL** New edition 12/16. Sandi Toksvig chairs an extended edition of the quiz with Alan Davies and guest panellists. (S)
9.45 **Live at the Apollo** New edition 4/7. Sara Pascoe introduces stand-up routines by fellow comedians Amy Gledhill and Eddie Kadi at London's Hammersmith Apollo. (S)

10 PM

10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **7/7: The London Bombings** 3/4. In a major breakthrough, police use CCTV to trace the movements of the bombers from King's Cross back to Luton. (S)(R)(AD)
12.05 AM **Snooker: The Masters – Extra** Judd Trump v Barry Hawkins. (S)
2.05 **Sign Zone: The Traitors** (S)(R)(AD)
3.05 **Sign Zone: Dragons' Den** (S)(R)
4.05 **Sign Zone: Celebrity Antiques Road Trip** (S)(R)
5.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Denise Van Outen and Laurence Llewelyn-Bowen take part. (S)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Jackie takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 The Martin Lewis Money Show

7 PM

7.30 **Emmerdale** Marlon searches a city's streets for his daughter, Charity is delighted, and Ruby tries to hide her secret. (S)(AD)

8 PM

8.00 **NEW SERIES The Martin Lewis Money Show: Live** The cash expert rings in the new year with a bill-busting special, presenting all the latest financial news and offering tips to keep on top of family finances in January. (S)

9 PM

9.00 **NEW Inside M&S at New Year** One-off documentary taking a behind-the-scenes look at M&S Food as they develop a delicious, innovative health range to keep up with the trends of the new year. (S)(AD)

10 PM

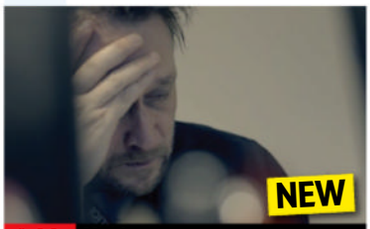
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Britain's Notorious Prisons: Wormwood Scrubs** The truth about life behind the walls of one of Britain's most notorious jails. (S)(R)(AD)
11.40 **Heathrow: Britain's Busiest Airport** 10/12. Border force dog Jessie sniffs out thousands of pounds. Meanwhile, passenger experience manager Demi prevents a cardiologist from having a heart attack. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Lingo** Word-based game show hosted by Adil Ray. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 5-7/27. (S9) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 3-6/25. (S11) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** A Puerto Rican restaurant in Yonkers, New York. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** Five editions. (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Abi and Darren face technical trouble at their 'boogie wonderland' on the Costa Blanca.
5.00 **Junior Bake Off** New edition 7/15. The young bakers face the challenges of Biscuit Day. (S)(AD)
6.00 **A Place in the Sun** New edition Lee Juggurnauth helps retirees Marcia and Ron from Devon to find a holiday home in Crete. (S)



9.00 Manhunt

7 PM

7.00 **News** (S)

8 PM

8.00 **Eat Smart: Secrets of the Glucose Goddess** Series finale 2/2. Arron from Cornwall tries to improve his skin by changing his snack habits and Sophie from Bristol tries some health hacks in the hope they can reverse her diabetes. (S)(AD)

9 PM

9.00 **NEW SERIES Manhunt** 1/3. Following specialist police as they deal with urgent manhunts. Greater Manchester Police's Serious and Organised Crime Group attempt to locate a man who has seemingly vanished without a trace. (S)(AD)

10 PM

10.00 **NEW SERIES Marilyn Manson: Unmasked** 1/3. Exploring the allegations of sexual assault against Marilyn Manson in the wider context of his career, his rise to fame and the controversy of his fall from grace. (S)(AD)
■ Continues tomorrow
11.05 **Gogglebox 2023** Opinions on 2023's biggest shows. (S)(R)(AD)
12.55 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.45 **The Great Pottery Throw Down** A mantelpiece clock. (S)(SL)(R)(AD)
2.50 **Marilyn Manson: Unmasked** As 10.00pm. (S)(SL)(R)(AD)
3.45 **Kirstie's Fill Your House for Free** Helping a single mother. (S)(R)
4.05 **Frasier** 19-22/24. (S8) (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.50 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 NEW **A Lesson in Murder: A Teagarden Mystery** Crime drama starring Skyler Samuels and Evan Roderick. (S)
4.00 **Bargain-Loving Brits in the Sun** New edition On the Costa Calida, sisters 74-year-old Jackie and 81-year-old June enjoy an afternoon of pétanque and fun in the pool. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill following snowplough teams and RAC patrols. (S)(R)
6.55 **News** (S)

8.00 Dogs Behaving (Very) Badly

7.00 **Lost Dog, Found Dog with Clare Balding** New edition 2/4. JB Gill hears the tale of a Hungarian vizsla that went missing for 11 days. (S)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Graeme Hall helps a family with a Chihuahua-Yorkshire terrier cross breed that is terrorising guests and a Kent couple with brawling pooches. (S)

9.00 **Ben Fogle: New Lives in the Wild** New edition Ben meets an American photographer living in New South Wales, Australia, who shares how his late husband inspired them to start a life in the wild. (S)

10.00 **Who Killed Lin & Megan Russell?** A look at the complex story of the 1996 murders of Lin Russell and her six-year-old daughter Megan as they walked home from school in Chillenden, Kent. (S)(R)

11.30 **Killer at the Crime Scene** Documentary. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.50 **The Wonderful World of Chocolate** (S)(SL)(R)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (S)(R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 6/13. (S4) (S)(R)
5.00 **The Simpsons** *Simple Simpson:* Homer becomes a masked, pie-throwing vigilante. (S)(R) **5.30** *Smart & Smarter:* Marge attempts to get Maggie into a nursery for gifted children. (S)(R)
6.00 **The Office (US)** 5/26. Pam deals with an embarrassing injury for Andy the night before her wedding. (S)(R) **6.30** 6/26. Kevin ruins Jim and Pam's honeymoon. (S6) (S)(R)

9.00 From

7.00 **The Simpsons** *The Way We Weren't:* Homer tells the story of his first love at a summer camp. (S)(R) **7.30** *Bart-Mangled Banner:* The family are sent to Alcatraz when Bart accidentally moons the American flag. (S)(R)

8.00 **Secret World of Sound with David Attenborough** 1/3. The broadcaster explores the ways different creatures hear and produce sound and how it can influence their decisions. (S)(R)(AD)

9.00 NEW SERIES **From** *Shatter:* 1/10. Return of the sci-fi horror starring Harold Perrineau. Boyd feels the town slipping away from him as the weather grows colder and the residents become more desperate.

10.05 **From** New episode *When We Go:* 2/10. The town says farewell to one of their own, Fatima's health takes a turn for the worse, and Tabitha finds help from an unlikely ally. (S3)
■ Full series on Sky Box Sets

11.15 **Brassic** 2/6. The boys plan a heist at a strip club, but when things go awry they find their escape route is blocked by a colossal fatberg. (S1) (S)(R)(AD)
12.15 AM **The Force: Manchester** (R)
1.15 **Brit Cops: Frontline Crime UK**
2.15 **Road Wars** (S)(R)
3.10 **Magnum P.I.** (S5) (S)(R)(AD)
4.05 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.20am Scotcast (S)(R) **12.50** Pointless Celebrities (S)(R) **1.35** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm True North: The Social Knitwork New edition (S) **11.10** FILM Quiz Lady (S) (2023, 15, 100min) ★★★★ **12.50am** Pointless Celebrities (S)(R) **1.35-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Legends of Welsh Sport: Colin Jackson – Record Breaker New edition (S) **11.10** FILM Quiz Lady: As N. Ireland. **12.45am** Pointless Celebrities (S)(R) **1.35-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.30-8.00pm Chris Cooks Cymru (S)(R) **11.05** First Minister's Questions (S) **12.00m't-12.05am** Planet Earth: An Elephant's Tale (S)(R)

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Colleen Ramsey: Bywyd a Bwyd **1.30** Cefn Gwlad (AD) **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Cyw **6.00** Pobol y Rhondda **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Ty Ffit New edition **10.00** Gwladfa: Gwilym Bowen Rhys **10.30-11.35pm** Radio Fa'ma (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** The team go to Venice in second-hand cars.
7.55 **The Catch Up**
8.00 **The Simple Life** 6/11. Paris and Nicole are introduced to a dancing sheep in Texas. **8.20** 7/11. The girls clash with a Christian family. **8.45** 8/11. Paris and Nicole work at a beauty salon.
9.05 FILM **The Shallows** Thriller starring Blake Lively and Oscar Jaenada. A surfer strays into the hunting territory of a great white shark. (2016, 15) ★★★★
10.25 **Video Nasty** 1/6. Two teenagers set out to find a way to get the final tape in a banned cult video collection. **10.55** 2/6. Billy, Con and Zoe get lost. (S1)
11.25 **Back to Life** 6/6. (S1)
11.50 **Fast and the Farmer-ish**
12.50 AM **High: Confessions of an Ibiza Drug Mule**
2.00 **Dave's Games**
2.15 **Ballers: Ball or Nothing**
2.45 **Fast and the Farmer-ish**
3.15 **to 3.50** AM **Confessions of an Ibiza Drug Mule**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM LIVE **Snooker: The Masters** Mark Allen v Si Jiahui: Seema Jaswal presents coverage of match six in the first round of the tournament, held at Alexandra Palace in London. With commentary and analysis from Steve Davis, Shaun Murphy, Ken Doherty, John Parrott, Stephen Hendry and Dennis Taylor.
10.00 **Gods of Snooker** 3/3. A look at Jimmy White's quest for the World Championship title and how the 1990 final against Stephen Hendry turned out to be a pivotal moment in British snooker, paving the way for what was to come in the next decade.
11.00 **Bombay Railway** 2/2. The aspirations of workers at the train company.
12.00 M'T **Charles I: Killing a King** 3/3. The King faces the executioner's block.
1.00 AM **Gods of Snooker**
2.00 **Bombay Railway**
3.00 **to 4.00** AM **Charles I: Killing a King**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me**
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend take on the challenge of restoring a 1953 Riley RMF that's been in a garage for decades. **6.55** Tim and Fuzz try to breath new life into a 1973 Porsche 911 Targa.
8.00 NEW SERIES **PopMaster TV** Ken Bruce returns with the music quiz, with the first heat featuring five players testing their musical knowledge as they try to win a place in the Grand Final.
9.00 **Yorkshire by the Sea** Whitby distillers Jess and Luke are creating their latest tipple from foraged seaside ingredients. In Scarborough, pioneering sea-farmer Wave checks out his harvest of sugar kelp.
10.00 **Emergency** A 12-year-old who has been hit by a car has a CT scan to reveal the extent of her injuries.
11.05 **24 Hours in A&E** Three boys are admitted.
12.10 AM **PopMaster TV**
1.15 **Emergency**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon** (S7)
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon** (S1)
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory** (S6)
6.30 **The Simpsons** *Eight Misbehavin':* Apu becomes a proud father to octuplets.
7.00 **Hollyoaks** JJ takes the stand as the trial continues.
7.30 **Modern Family** 20/22. Haley and Dylan plan to quietly elope before the babies are born. (S10)
8.00 **The Simpsons** *At Long Last Leave:* The family are forced to leave Springfield. **8.30** *Exit Through the Kwik-E-Mart:* Bart's graffiti impresses a group of artists.
9.00 **Celebrity Gogglebox** Famous faces appraise *Killing Eve* and *Serengeti.*
10.05 **Gogglebox** Opinions on *Coronation Street*, *Love Island* and *Dancing on Ice.*
11.05 **First Dates**
12.05 AM **Naked Attraction**
1.10 **Celebrity Gogglebox**
2.10 **Gogglebox**
3.05 **Teen First Dates**
4.00 **Brooklyn Nine-Nine**
4.55 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Tuesday primetime

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 6/22. (S6)
12.00 NOON **FBI** 6/22. Maggie comes back from medical leave. (S5)
1.00 PM **FBI: International** 6/22. Vo's friend calls in a favour to help find her nephew. (S2)
2.00 **Caught on Dashcam**
3.00 **UK Border Force**
4.00 **Nothing to Declare**

9.00 Matlock

7 PM
7.00 Nothing to Declare An unusual travel itinerary raises alarm bells. **7.30** Three visitors from Malaysia are questioned.

8 PM
8.00 FBI *Heroes:* 10/22. The team are forced to jump into action when JOC analyst Kelly Moran is taken hostage. (S5)

9 PM
9.00 Matlock New episode *No, No Monsters:* 8/10. A nanny is fired on suspicion of harming the children in her care. (S1)

10 PM
10.00 FBI: Most Wanted *Inherited:* 4/22. The team look into the kidnapping of a young Chinese-American woman. (S3)
11.00 **The Rookie** 16/20. Nolan gets a lesson in respect. (S1)
12.00 M'T **Chicago Fire** 6/13. (S12)
1.00 AM **Chicago PD** 4/13. (S11)
2.00 **Chicago Med** 4/13. (S9)
3.00 **FBI: Most Wanted** 9/22. (S4)
4.00 **Bull** 7/22. (S6)
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
7.50 **The Sopranos** 5&6/13. (S4)
10.00 **Billions** 1&2/12. (S2)
12.15 PM **Game of Thrones** (S1)
1.25 **Boardwalk Empire** 11/12. Chalky takes Daughter to the home of Oscar Boneau. **2.30** 12/12. Nucky sets out on a mission to kill Eli. (S4)
3.35 **The Sopranos** 5/13. Tony goes to the races. **4.40** 6/13. Carmela arranges a date for Furio. (S4)
5.45 **Billions** 1/12. Chuck faces increased scrutiny. (S2)

12.25 The Wire

6.50 Billions *Dead Cat Bounce:* 2/12. Axe publicly spars with a rival hedge fund manager. (S2)
7.55 Game of Thrones *You Win or You Die:* 7/10. House Lannister prepares for conflict, and Ned confronts Cersei about Jon Arryn's death. (S1)

8.00 Rob & Romesh vs NBA Basketball The comedians visit the home of the LA Lakers and the LA Clippers.

9.00 Lockerbie: A Search for Truth 2/5. As Jim Swire continues his campaign for truth and justice, two suspects are indicted for the bombing. (S1)
10.15 Riviera 7/10. Nico drops a bombshell that sends shockwaves through the Elthams. (S2)
11.20 **Riviera** 8/10. Georgina is forced to reveal a difficult truth as she tries to protect the empire from Nico. (S2)
12.25 AM **The Wire** 7/12. (S3)
1.25 **Game of Thrones** As 7.55pm.
2.35 **Gomorrah** 11/12. (S2)
3.40 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** (S4)
8.00 **Supergirl** 3/20. (S6)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 5/20. (S6)
1.00 PM **S.W.A.T.** 12&13/18. (S4)
3.00 **Magnum P.I.** 16/20. (S5)
4.00 **MacGyver** 6/13. Russ's first love is kidnapped. (S4)
5.00 **DC's Legends of Tomorrow** 15/15. Sara realises what Bishop is planning. (S6)
6.00 **Stargate Universe** 13/20. The crew find an idyllic planet with clean air and water. (S1)

9.00 From

7.00 Stargate Universe *Human:* 14/20. Lt Scott, Eli, Chloe and Greer explore a planet's underground ruins. (S1)

8.00 Rob & Romesh vs NBA Basketball The comedians visit the home of the LA Lakers and the LA Clippers.

9.00 NEW SERIES From *Shatter:* 1/10. Return of the sci-fi horror with Harold Perrineau and Catalina Sandino Moreno. (S3)

10.05 From New episode *When We Go:* 2/10. Boyd struggles to move forward as the town says farewell to one of their own. (S3)
11.15 **Brassic** 2/6. The boys plan a heist at a strip club, but when things go awry they find their escape route is blocked by a colossal fatberg. (S1)
12.15 AM **A League of Their Own**
1.15 **Brit Cops: Frontline Crime UK**
2.10 **Magnum P.I.** 15&16/20. (S5)
4.00 **MacGyver** 6/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Catchphrase**
2.45 **Charmed** 15/23. Phoebe frees a genie from a bottle. (S6)
3.40 **Gilmore Girls** 13/22. Sherry goes into labour and asks Rory to stay with her. (S3)
4.40 **Dinner Date**
5.40 **In for a Penny**

6.10 ...the Deathly Hallows: Pt I

6.10 FILM Harry Potter and the Deathly Hallows: Part I Fantasy adventure sequel starring Daniel Radcliffe. Harry, Hermione and Ron put their friendship to the test as they seek to defeat evil wizard Voldemort. (2010, 12, 146min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Love Island: All Stars New edition The show is in full swing as the islanders dive head first into the dating and drama.

10.05 Coleen Rooney: The Real Wagatha Story Exploring the Wagatha Christie trial and how it captivated the nation.
11.05 **Family Guy** 12&3/20. (S20)
12.05 AM **American Dad!** (S17&16)
1.05 **Bob's Burgers** (S7)
1.55 **The Stand Up Sketch Show** With Dee Allum and Chris Hall.
2.25 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.35 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *No Other Love:* A pawnbroker is shot in an armed robbery. Guest stars Diane Keen and Isla Blair.
5.55 **Heartbeat** *Smile for the Camera:* Mike and Jackie suffer a terrifying ordeal at the hands of a stalker out for revenge.

10.00 Unforgotten

6.55 Heartbeat *Dog Collar:* Greengrass's hopes of winning a dog show take a knock when his pedigree contestant goes missing.

8.00 Vera *The Crow Trap:* A murder at a cottage in Northumberland takes DCI Vera Stanhope back to a place full of childhood memories and reminds her of an unsolved case from early in her career. Guest stars Daniela Nardini.

10.00 Unforgotten 4/6. Cassie and Sunny discover Walsh was chased by all four suspects on the night in question. (S4)
11.00 **Wire in the Blood** 3/4. The team members struggle to build up a profile of the person they are hunting. (S3)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Life on the Bay** It is the biggest weekend of the year for newly promoted Laura Wallace.
8.00 **Grand Tours of Scotland's Lochs** Paul Murton visits Skye.
9.00 **Strike! The Village That Fought Back** Forty years after the miners' strike began, this film tells the story of Polmaise colliery in Stirlingshire.
10.00 **Darren McGarvey: The State We're In** 1/3. The author and rapper takes a look at the UK's justice system.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Best of Only an Excuse?** A selection of sketches picked from the archives of the comedy show.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S2)
9.20 **The Conners** (S2)
10.20 **Silicon Valley** (S2)
11.30 **Barry** 5&6/8. (S2)
12.45 PM **Entourage** (S4)
1.55 **Silicon Valley** (S2)
3.10 **Barry** 5&6/8. (S2)
4.35 **Ballers** 9&10/10. (S2)
5.50 **The Office (US)** (S6)
6.50 **The Conners** (S2)
7.50 **Ballers** 3/10. Spencer tries to prevent his clients being poached. **8.25** 4/10. Vernon's career hangs in the balance. (S2)
9.00 **In the Long Run** 1/6. Comedy with Idris Elba. **9.30** 2/6. Walter arranges a job interview for Valentine. (S1)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.00 **Nikki Glaser: Someday You'll Die** Stand-up.
12.10 AM **Enlightened** (S2)
1.35 **Barry** 5&6/8. (S2)
3.05 **to 5.00** AM **Betty**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Cirque du Soleil: Kooza** The arts of acrobatics and clowning.
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **The Timeless Louvre**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Landscape Artist of the Year 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Stories from the National Gallery**
9.00 **Art Matters**
10.30 **Up Late with Nicola Benedetti**
12.10 AM **Nina Simone: The Lost Album**
1.40 **Nina Simone: Live at Montreux 1976**
2.50 **Klimt and The Kiss**
4.00 **Inside Art Special**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 7/26. (S6)
5.00 **Atlantis** 7/13. (S2)
6.00 **Star Trek: Deep Space Nine** 1/26. (S7)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** (S7)
9.00 **FBI: Most Wanted** *Gladiator:* 7/22. A basketball player's wife is murdered. (S3)
10.00 **FBI: International** (S1)
11.00 **Britain's Most Evil Killers**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.10 **Fletchers' Family Farm**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** New edition
11.05 **The Real Housewives of Beverly Hills**
12.00 NOON **Fletchers'...**
1.05 PM **Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **The Real Housewives of Orange County**
10.00 **The Real Housewives Ultimate Girls' Trip**
11.05 **Botched** Medical series.
12.05 AM **Only Way Is Essex**
1.00 **to 1.30** AM **Buying the View**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 2/8. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 7/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 3-6/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *A Sentimental Journey:* 19/26. Jeff encounters a beautiful blonde. (S1)
10.00 **The New Avengers** *Tale of the Big Why:* 8/13. Steed's team track down a man who stole top-secret information. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

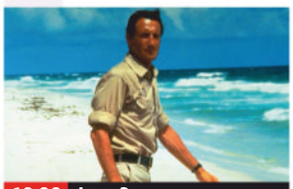
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.10 **The Professionals**
8.15 **The Adventures of Sherlock Holmes** Murder mystery.
9.20 **Magnum, PI**
10.25 **Kojak**
11.30 **BattleBots**
12.30 PM **The Adventures of Sherlock Holmes**
1.35 **Magnum, PI**
2.40 **Kojak**
3.40 **Minder**
4.50 **The Professionals**
5.55 **BattleBots** New edition


10.00 Jaws 2

7.00 **The Motorbike Show** Henry Cole trains to become a volunteer motorcyclist delivering blood to hospitals.
8.00 **The Grand Fishing Adventure** Ali Hamidi and Bobby Zamora's tour takes them to northern France.
9.00 **Giant Lobster Hunters** New edition Following the dramas of six lobster boat captains over the winter hunting season.
10.00 FILM **Jaws 2** Thriller sequel starring Lorraine Gary and Roy Scheider. (1978, PG, 115min) ★★★ SEX●●● VIOLENCE●●● LANG●●●
12.15 AM **Ligue 1 Highlights**
12.45 **The Professionals**
1.40 **Minder**
2.35 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **Auto Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 20/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 13/26. (S5)
2.00 **Warehouse 13** 7/13. (S1)
3.00 **Stargate SG-1** 22/22. (S7)
4.00 **Star Trek: Voyager** 12/16. (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 20/22. A mission gets personal for Worf when a former love arrives. (S2)

7.00 Warehouse 13

7.00 **Warehouse 13** *Burnout:* 7/13. Myka and Pete look into a case belonging to an agent whose body has been discovered. (S1)
8.00 **Stargate SG-1** *Lost City – Part Two:* 22/22. Anubis launches an attack on Earth. (S7)
9.00 **The Walking Dead** *What Lies Ahead:* 1/13. Rick and the group head to a military base after narrowly avoiding an explosion. (S2)
10.10 **Grimm** *Let Your Hair Down:* 7/22. Dustin and Lauren are captured by a drug dealer. (S1)
11.05 **SurrealEstate** 3&4/10. (S1)
1.00 AM FILM **Bullet Train Down** Thriller starring Tom Sizemore. On its maiden run, the world's fastest bullet train is rigged with a bomb that will explode if it dips below 200 mph. (2022, PG, 86min) ★★
2.55 **Room 104** 3&4/12. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 8/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S6&7)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 8/16. (S2)
6.00 **Father Brown** *The Passing Bell:* A new musical director for the bell-ringers of St Mary's leads to discord, disharmony and the blood-curdling sound of murder.

7.00 The Mentalist

7.00 **The Mentalist** *Like a Redheaded Stepchild:* 21/24. Jane suspects a prison inmate is to blame for a guard's murder. (S3)
8.00 **White Collar** *Countermeasures:* 13/16. Neal suspects an ex-convict is trying to trick a friend. (S2)
9.00 **Death in Paradise** *Murder on the High Seas:* 3/8. The team investigate the murder of an estate agent. (S12)
10.00 **Father Brown** *The Passing Bell:* A new musical director for the bell-ringers of St Mary's leads to murder.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 2/21. A mannequin prop in a popular haunted house turns out to be a real body. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

8.40 Miranda

7.20 **Dad's Army** Warden Hodges challenges Mainwaring's platoon to a cricket match.
8.00 **dinnerladies** Work experience day leads to chaos in the canteen.
8.40 **Miranda** The joke-shop owner sets about getting fit and losing weight.
9.20 **Gavin & Stacey** The happy couple are welcomed home after their honeymoon.
10.00 **The Royle Family** Denise and Dave share the happy news that they are expecting their first baby.
10.40 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.10 **Miranda** As 8.40pm.
1.50 **Gavin & Stacey** As 9.20pm.
2.25 **The Royle Family** As 10pm.
2.55 **Last of the Summer Wine**
3.25 **to 4.00** AM **Miranda**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers**
2.00 PM **Our Guy in China**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** The most delicious chicken and egg recipes.
6.00 **Rick Stein's Cornwall** Rick meets Dawn French, who has made Cornwall her home. **6.30** Rick heads into the county's china clay pits.

6.00 Rick Stein's Cornwall

7.00 **QI** With Phill Jupitus, Sean Lock and Charlie Higson.
7.40 **Richard Osman's House of Games** With Marcus Brigstocke, Tom Rosenthal, Sindhu Vee and Anna Richardson. **8.20** With Ronni Ancona, Nathan Caton, Colin Murray and Sally Phillips.
9.00 **Have I Got a Bit More News for You** Stephen Mangan hosts the quiz, with guests Jo Caulfield and Steph McGovern.
10.00 **QI** Sandi Toksvig hosts the quiz, with guests Nish Kumar, Mark Steel, Suzi Ruffell joining regular panellist Alan Davies.
11.00 **8 Out of 10 Cats**
11.50 **Mock the Week**
1.05 AM **QI** As 7.00pm.
1.45 **Survivor South Africa**
2.45 **Richard Ayoade's Question Team** With Joel Dommett.
3.35 **to 4.00** AM **Travel Man: 48 Hours in Hamburg**

+1 hour 211/212 327 74

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 13-15/24. (S8)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **A Place in the Sun**
7.45 **The Great Pottery Throw Down** 2/10. The potters are challenged to create a statement mantelpiece clock.
9.00 FILM **West Side Story** Steven Spielberg's version of the hit 1957 musical, starring Rachel Zegler, Ansel Elgort and an Oscar-winning Ariana DeBose. A member of a New York gang falls in love with his rival's sister. (2021, 12, 156min) ★★★
12.05 AM **Manhunt**
1.10 **24 Hours in A&E**
2.15 **Eat Smart: Secrets of the Glucose Goddess**
3.20 **Grand Designs**
4.20 **to 4.50** AM **Travel Man: 48 Hours in Málaga**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 5-7/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Legend – Part One:* 22/25. The agents travel to Los Angeles. **7.00** *Legend – Part Two:* 23/25. Agent Callen poses as an arms trade contact. (S6) **8.00** *Truth or Consequences:* 1/24. Tony tries to track down Ziva in North Africa. (S7)
9.00 **Law & Order: Special Victims Unit** *All Pain Is One Malady:* 22/22. Benson and Stabler join forces in the search for a crime ring. (S24) **10.00** *Torch:* 21/24. A former colleague of Stabler's joins the SVU team. (S11)
11.00 **Law & Order: Special Victims Unit** (S11)
1.50 AM **Criminal Minds**
2.50 **Law & Order** (S17)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **The Hospital: Life on the Line**
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.05 AM NEW **TMZ Investigates: The Killer OnlyFans Model**
1.00 **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.15 PM FILM **The Great Missouri Raid** Western. (1950, PG, 84min) ★★
2.05 FILM **Belle Starr** Western adventure. (1941, PG, 87min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Rescue 999: Seconds to Save a Life**
10.00 NEW SERIES **Beacon 23** *Corbenic:* 1/8. Sci-fi thriller with Lena Headey and Stephan James. **11.00** New episode *Wreckers:* 2/8. Aster must find a common ground with an enemy. (S1)
12.00 M'T **Shooter** New episodes 4/13. Bob Lee goes on a manhunt. **1.00** AM 5/13. Bob Lee visits a family friend. (S3)
2.00 **to 4.00** AM **Trucking Heavy**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build Ireland** Double bill.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build Ireland** Double bill.
8.00 **Inside the Ambulance** Paramedics come to the aid of a man who was run over by his own car.
9.00 **Pete Wicks: For Dogs' Sake** New edition Pete meets a litter of puppies known as Potato Pups. ■ Entire series on U
10.00 **999 Rescue Squad**
11.00 **Death at the Mansion: Rebecca Zahau**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 AM **MasterChef Junior USA** The finale.
1.45 **to 3.00** AM **MasterChef Canada**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *The Three Gamblers.*
9.10 **New Tricks** *Congratulations:* Standing meets a woman who claims to be his daughter. **10.35** *Casualty:* A car accident threatens the team's future.
11.55 **Bergerac**
1.05 AM **Atlantic Crossing**
2.30 **Birds of a Feather**
3.00 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Long Lost Family** A woman searching for her younger brother.
10.00 **Alex Polizzi: The Fixer** Alex visits a shop in Kettering run by a mother and her daughters.
11.30 **The Hotel Inspector** Alex Polizzi comes to the aid of a country hotel in Bideford, Devon.
12.30 AM **Ghost Bait** Claims of cheerleaders being terrorised by ghosts.
12.00 **Help! My House Is Haunted** A child spirit.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole** Comedy panel show.
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Five members of a Solihull cricket club take part in the quiz hosted by Warwick Davis.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies** Quiz hosted by Ross Kemp.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Game show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Wild West...**
8.30 **Wanted: Dead or Alive**
9.00 FILM **A Farewell to Arms** Drama. (1932, b/w, PG, 78min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Gunfighters** Western. (1947, PG) ★★
3.00 FILM **Battle of Rogue River** Western drama. (1954, PG, 90min) ★★
4.30 FILM **The Warrant** Western. (2020, 12) ★★
6.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **Passchendaele** Romantic drama. (2008, 15, 109min) ★★★
11.25 FILM **Danger Close: The Battle of Long Tan** Drama. (2019, 15) ★★
1.55 AM FILM **Ape vs Monster** (2021, 12) ★★
3.50 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Circle of Friends** Thriller. (2006, PG, 89min) ★★★
10.55 FILM **Ring of Deceit** Thriller. (2009, PG) ★
1.00 PM FILM **Killing Your Daughter** Thriller. (2019, PG, 85min) ★★
2.55 FILM **An Organised Killer** Crime thriller. (2021, 12, 85min) ★★
5.00 FILM **Past Obsessions** Thriller. (2011, 12) ★★
7.00 FILM **Collision Course** Action thriller. (2012, PG, 90min) ★★
9.00 FILM **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
11.25 FILM **Cut Bank** Thriller. (2014, 15, 93min) ★★
1.25 AM FILM **Lost Letter Mysteries: Home Again** Crime drama sequel. (2017, PG, 87min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **The Lease** (2017, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
10.00 FILM **Love, Once and Always** (2018, PG) ★★
12.05 PM FILM **A Summer Romance** Drama. (2019, PG, 90min) ★★
2.00 FILM **Love at Mariposa Beach** Romantic drama. (2022, PG, 90min) ★★
4.00 FILM **Sand Dollar Cove** Drama. (2021, PG) ★★
6.05 FILM **You Had Me at Aloha** (2021, PG) ★★
8.00 FILM **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
10.00 FILM **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★
12.00 M'T FILM **The Vows We Keep** (2021, U) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Convenient Groom** Drama. (2016, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
10.00 **I Dream of Jeannie**
10.30 **Watching** 4/9. (S4)
11.00 **A Fine Romance** (S1)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **The Charmer**
1.00 PM **Sherlock Holmes**
2.00 FILM **The Little Shop of Horrors** (1961) ★★★
3.25 **Mysterious Tales**
3.30 **Plymouth Rock**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 4/9. (S4)
6.00 **I Dream of Jeannie**
6.30 **Thriller** 4/10. (S1)
7.50 **Mysterious Tales**
8.00 **The Charmer** 1/6. (S1)
9.00 **Police Woman** (S1)
10.00 **Chelmsford 123** (S2)
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy show.
11.30 **Thriller** 4/10. (S1)
12.50 AM **Monkey** 26/26. (S1)
1.50 FILM **The Little Shop of Horrors** (1961) ★★★
3.15 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** The fleet battle huge waves as the winter crabbing season comes to a close. **8.00** A storm and towering breakers shatter Jake's anchor.
9.00 NEW SERIES **The Snake Catcher** Double bill of the documentary.
11.00 **Aussie Gold Hunters** The Gypsies are distracted when thieves raid their nearby lease.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Adam Richman Eats Football**
6.30 **Adam Richman Eats Britain** From Glamorgan.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** Monica Galetti joins James for a journey around Oxford.
10.00 **James Martin's United Cakes of America**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 1/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 17/22. (S2)
11.00 FILM **Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
1.00 PM FILM **Warbirds** Sci-fi wartime drama. (2008, 15, 87min) ★★
3.00 FILM **Sherlock Holmes** Mystery with Ben Syder. (2010, 12, 89min) ★★
5.00 **Star Trek** 23/24. (S3)
6.00 **T.J. Hooker** 18/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **USS Indianapolis: Men of Courage** Drama. (2016, 15, 125min) ★★
11.35 FILM **Company of Heroes** Action drama. (2013, 15, 96min) ★★
1.35 AM FILM **Anti-Life** Sci-fi action thriller. (2020, 15, 93min) ★★
3.25 **to 5.05** AM FILM **The Butterfly Room** Thriller. (2012, 15, 87min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Jurassic Hunters** As 5.00pm.
8.00 FILM **Wyvern** Fantasy. (2009, 15, 84min) ★★
10.00 **Andromeda** 21/22. (S5)
11.00 FILM **The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
1.00 PM **The Gambler Returns: The Luck of the Draw** 1/2. Western.
3.00 **Andromeda** 21/22. (S5)
4.00 **Star Trek** 8/30. (S1)
5.00 FILM **Jurassic Hunters** Sci-fi thriller with Eric Roberts and Rib Hillis. (2015, PG, 89min) ★★
7.00 **Andromeda** 22/22. (S5)
8.00 **Star Trek** 9/30. (S1)
9.00 FILM **The Inglorious Bastards** War thriller starring Bo Svenson. (1978, 15, 99min) ★★
11.00 FILM **War Pigs** World War Two adventure. (2015, 15, 88min) ★★
1.00 **to 3.00** AM FILM **The Inglorious Bastards**

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters...**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Egypt's Unexplained Files** Egypt's elite.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Close Encounters Down Under**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **A Cut Above**
10.00 **Blown Away**
11.00 **Battle of Alcatraz**
12.00 M'T **Swamp People: Serpent Invasion**
1.00 AM **Close Encounters...**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Nick Knowles' Big House Clearout**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Tony Robinson's History of Britain** The lives of people from the Edwardian era.
9.00 **Warship: Life in the Royal Navy** A look at the UK's biggest and most powerful ship in the fleet – the aircraft carrier HMS *Prince of Wales*.
10.00 **Inside the Tower of London** Documentary.
11.00 **Prisoner: Cell Block H** Double bill. (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Nick Knowles' New Year Clearout**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A couple look for a home in Worcestershire.
9.00 **Windy City Rehab: Alison's Dream Home** The stakes get higher when Alison's electrical bill doubles.
10.00 **100 Day Dream Home** New edition A pair of newlyweds aim to turn their dream farmhouse vision board into a reality.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **My 600lb Life: Where Are They Now?** Lee's anger issues jeopardise his relationship with Rena.
10.00 **My Feet Are Killing Me**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **to 6.00** AM **My 600lb Life: Where Are They Now?**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 8&10/25. (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 4&5/21. (S8)
1.00 PM **Friends** (S6&7)
8.00 **Friends** 12/24. Ross and Joey get trapped on the roof. **8.30** 13/24. Phoebe spends a surreal first day at work. (S7)
9.00 **Romesh Ranganathan: Irrational** Stand-up.
10.00 FILM **Studio 666** Horror comedy. (2022, 18, 106min) ★
12.15 AM **Jimmy Carr: Telling Jokes** Stand-up.
1.15 **Mike Judge's Beavis and Butt-Head**
2.10 **Reno 911!** 8&9/14. (S1)
3.00 **The Ricky Gervais Show**
3.25 **The Pep Talk**
3.30 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 4&5/22. (S5)
11.00 **Friends** (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 8&10/25. (S2)
5.00 **Becker** 4&5/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA** With Gary Anthony Williams. **9.30** With Mark Ballas.
10.00 **Friends** (S6)
1.00 AM **The Ren & Stimpy Show** 14/14. (S4)
2.00 **The Ricky Gervais Show**
3.00 **Guessable?**
3.45 **David Spade: My Fake Problems** Stand-up.
4.30 **Jimmy Carr Live: Comedian** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **Sun, Sea and A&E** Double bill.
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 7/12. (S4)
6.00 **New Amsterdam** *Maybe Tomorrow:* 7/13. Wilder counsels a woman whose pregnancy puts her life in danger. (S5)
7.00 **MacGyver** 13&14/21. (S1)
9.00 **SurrealEstate** (S2)
11.00 **For Life** 7/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

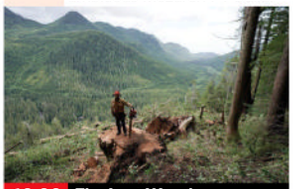
6.00 AM **Daria** 8/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom: Young & Pregnant** Reality series.
10.00 **Catfish: Catch of the Day** Reality series.
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Firsts**
1.00 PM **Catfish: Wannabees**
2.00 **Catfish: Repeat Offenders** Reality series.
3.00 **Catfish: The TV Show**
8.00 **Help! I'm in a Secret Relationship!**
9.00 **Badass Brides**
10.00 **Geordie Shore** New edition Nathan and Chloe enjoy a wild night in Bangkok.
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran discover the dangers of chains in 'Trip Chains'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** The Raneys head to a Washington State homestead.
3.00 **Hoffman Family Gold**
5.00 **Deadliest Catch** Josh and John ask Casey and Sig to help tank the fleetwide quota.
6.00 **Wheeler Dealers World Tour** Mike and Elvis offer their expertise to a Youtuber on his ambitious McLaren P1 build.



10.00 The Last Woodsmen

7.00 Salvage Hunters Drew Pritchard explores a Napoleonic fort in Essex, and tours the medieval Lichfield Cathedral.

8.00 Kindig Customs KevDogg – the resident truck expert – takes centre stage on the design of a semi hauler.

9.00 Gold Rush New edition Parker runs a third wash plant for the first time, while Cousin Mike makes a big misstep.

10.00 The Last Woodsmen New edition It's all hands on deck to save a sinking float camp and cash out.

11.00 **Gold Divers** A catastrophic storm rips through Nome.
12.00 M'T **Street Outlaws** The 405 prepare for the season's first out-of-town race.
1.00 AM **Gold Rush** As 9.00pm.
2.00 **The Last Woodsmen**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A jungle oasis.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **How Do Animals Do That?**
2.00 **Swimming with Monsters with Steve Backshall**
3.00 **Rugged Justice**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Lucas attempts to remodel a tiny pool.

8.00 The Aquarium

7.00 Amanda to the Rescue An energetic kitten faces being put down after breaking its leg for the second time.

8.00 The Aquarium A sea lion has stomach trouble and the team feed him a snack in an attempt to find out why.

9.00 The Aquarium Technology from California is brought to the aquarium to monitor beluga whale activity.

10.00 Alaska: The Last Frontier Eivin takes his son on his first coming of age hunt, while Jane and Atz Lee fish for pike.

11.00 **Expedition Bigfoot** Mireya agrees to act as Bigfoot bait. **12.00** M'T Mireya and Ronny have a terrifying experience.
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Lost Treasures of the Bible**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Colossal Machines**
2.00 **Air Crash Investigation**
3.00 **World's Biggest Battleship: Drain the Oceans**
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** Tim and Fuzz fix up a 1971 Lamborghini Espada.
6.00 **Construction Fails** How asbestos turned out to be too good to be true.

9.00 Hitler's Last Stand

7.00 Air Crash Investigation Following a routine landing, a Taiwanese commuter plane is rocked by an explosion.

8.00 WW2: Hell Under the Sea A U-Boat officer's career begins with promise when he is given command of a submarine.

9.00 Hitler's Last Stand An artillery observer and his radio is all that stands between the French town of Mortain and capture.

10.00 Hitler's Teen Killers The story of the 20,000 teenagers that pledged to give their lives to Hitler.

11.00 **Air Crash Investigation** The conspiracy theories surrounding a 1987 accident.
12.00 M'T **Situation Critical**
1.00 AM **Paranatural**
2.00 **Money Meltdown**
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **History's Greatest Aircraft**
7.45 **Ancient Aliens**
8.45 **Forged in Fire**
9.35 **Storage Wars**
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Dirty Old Cars**
1.30 **U-Boat Wargamers**
4.00 **Pawn Stars** Four editions of the series, including at: **5.30** A rare *Superman v Muhammad Ali* comic book.
6.00 **American Pickers** Mike gets a tour of an old Packard plant.

9.00 The Lost Women Spies

7.00 Forged in Fire After a brutal round of testing, two smiths return home to re-create a razor sharp serrated Indian sabre.

8.00 History's Greatest Aircraft New edition The Douglas A-1 Skyraider, a single-piston engined fighter bomber.

9.00 NEW SERIES The Lost Women Spies 1/6. Female agents of World War Two. *See feature, page 20.*
■ Entire series on Box Sets

10.10 NEW SERIES Prison Chronicles A look at the Colorado prison, ADX. **10.40** New edition Stories associated with notorious institution Alcatraz.

11.10 **The Proof Is Out There: Alien Edition** New edition Journalist Tony Harris explores mysteries in Kansas and Japan.
12.10 AM **Pawn Stars** Four editions.
2.00 **The Curse of Oak Island**
3.00 **History's Greatest Aircraft**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The Buildings That Fought Hitler** Documentary.
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The Buildings That Fought Hitler** Gun emplacements.
5.00 **World War Weird** The search for gold hidden by the Nazis.
6.00 **Antiques Roadshow** The team visit Burton Constable Hall.

8.00 Speed with Guy Martin

7.00 Great American Railroad Journeys Michael Portillo heads out into the spectacular gorge of the Arkansas River.

8.00 Speed with Guy Martin Guy tests how far it is possible to travel on a tandem during 24 hours of non-stop pedalling.

9.00 Bangers & Cash Dave collects a 1965 Land Rover from a stately home – and it turns out that the car has a real pedigree.

10.00 Bangers & Cash Derek goes to pick up a veteran 1904 Swift, and there's an emotional farewell to a 1980s Bedford HA van.

11.00 **Abandoned Engineering** Examining a ghost island once belonging to a secretive country on Europe's fringes.
12.00 M'T **Great Continental Railway Journeys** A route through Austria and Czechia.
1.00 **to 3.00** AM **Classic Car Garage**

+1 hour 255 329

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **Salvage Hunters**
3.00 **Find It, Fix It, Flog It**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers**
9.00 **Richard Hammond's Workshop** New edition Richard brings in a consultant to make the workshop more efficient.
10.00 **The Repair Shop** The experts restore a toy car and a lawyer's briefcase. **11.00** The team attempt to restore a theatre chair.
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes... UK**
12.00 NOON **Murder Comes to Town** Zilpha Lowery.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
10.00 **Body Cam** New edition In rural Florida, a routine call-out turns into a heavily armed stand-off
11.00 **The Murder Tapes**
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Close Calls: On Camera** A couple become lost in a blizzard while hiking in the Cairngorms. **7.30** CCTV footage captures the moment a motorbike hits a car.
8.00 **Cold Justice** Kelly and Steve help solve the homicide of a mother who was abducted.
9.00 **Forensic Factor** New edition Solving high-profile crimes.
10.00 **Murder UK** New edition Evie Adams seeks a loving family but finds a man with a secret.
11.00 **Descent of a Serial Killer** Michael Gargiulo.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Murder UK**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** Investigators match fibres found at the scene of a sex-related killing with fibres found months later in a van. **4.30** When a beautiful model goes missing, suspicious photographs are found in a dumpster. **5.00** A man is accused of killing his wife. **5.30** A real death at a murder mystery event. **6.00** Suspicious fatalities in a Texan hospital. **6.30** The death of a woman in an apparent riding accident.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **What the Killer Did Next** Michael Ryan.
1.00 PM **Killer in My Village**
2.00 **Killing Mum and Dad**
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **Most Evil Killers**
9.00 **World's Most Evil Killers** New edition
10.00 **Face to Face**
11.10 **How I Caught the Killer**
12.05 AM **Most Evil Killers**
1.00 **Murders That Shocked the Nation**
2.00 **NEW SERIES The Real Manhunter**
3.00 **Brit Cops**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Britain on Film**
9.20 **My Grandparents' War: Mark Rylance**
10.30 **Ancient Egypt: Life and Death in the Valley of the Kings**
11.45 **The Long Road to War**
1.00 PM **America the Bountiful** Documentary.
1.35 **Britain on Film**
2.40 **My Grandparents' War: Mark Rylance**
3.45 **Ancient Egypt: Life and Death in the Valley of the Kings**
4.55 **The Long Road to War**
6.15 **Britain on Film**
7.20 **My Grandparents' War: Mark Rylance**
8.25 **Ancient Egypt: Life and Death in the Valley of the Kings**
9.40 **The Long Road to War**
11.00 **My Grandparents' War: Mark Rylance**
12.00 M'T **Ancient Egypt: Life and Death in the...**
1.15 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: Bill Murray**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.00 **Spector** As 8.00pm.
12.00 NOON **Elvis Presley: The Searcher** 1&2/2. Documentary.
4.00 PM **The Directors**
5.00 **Discovering: Bill Murray**
6.00 **The Sixties**
7.00 **Last Call: When a Serial Killer Stalked Queer New York**
8.00 **Spector** 2/4. How Phil Spector gained a sinister reputation.
9.00 **Dart Kings** 2/3. Focusing on the story of Jocky Wilson.
10.00 **Becoming Madonna** Documentary charting Madonna's rise to stardom.
12.00 M'T **FILM Searching for Sugar Man** Music documentary. (2012, 12, 86min) ★★★★
1.45 AM **MoviePass, MovieCrash**
3.30 **Django & Django**
5.00 **to 6.00** AM **Discovering: Bill Murray**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Africa's Wild Year**
10.00 **Island of the Monsoon**
11.00 **Orangutan Jungle School**
12.00 NOON **Into the Wild: Colombia**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Africa's Wild Year**
4.00 **Island of the Monsoon**
5.00 **Valley of Flood and Fire**
6.00 **Into the Wild: Colombia**
7.00 **Monkey Life** Double bill.
8.00 **Secret World of Sound with David Attenborough** The broadcaster learns the different ways that animals use sound.
9.00 **Airborne**
10.00 **Into the Wild: Colombia**
11.00 **Valley of Flood and Fire**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wildest New Zealand**
2.00 **Secret World of Sound with David Attenborough**
3.00 **Airborne** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Africa's Wild Year**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Viking York.
2.00 **Secrets of Great British Castles** The Tower of London.
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters**
8.00 **History's Crazy Rich Ancients**
9.00 **Spycraft**
10.00 **The Witches of Salem**
11.00 **Secrets in the Ice**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Tudor Norwich.
3.00 **Secrets of Great British Castles** Edinburgh Castle.
4.00 **Weird or What? With William Shatner**
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide Hunter**
7.00 **The First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** True-crime series.
2.00 **Killer USA**
3.00 **Killer Britain with Dermot Murnaghan** Elliot Turner.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Murder By Medic**
9.00 **Missing Presumed Dead** New edition Stories of real people's disappearances.
10.00 **Tell Me How I Died**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **Missing Presumed Dead**
2.00 **Tell Me How I Died**
3.00 **Murder By Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Pacific Ocean Paradise**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild Chile**
3.00 **Latin America From Above: A Birdseye View** A look at the birds of Latin America.
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Two bear cubs in recovery need Dr Oakley's help.
8.00 **Heartland Docs** New edition Dr Erin treats a golden retriever with a mysterious mouth malady.
9.00 **OceanXplorers** Double bill.
10.30 **America's Wild Spaces**
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** Cyril and his team battle for survival against hidden stingrays.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Scandals of Ancient Egypt**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** Analysis uncovers a correlation between UFO sightings and secret government sites.
8.00 **Scandals of Ancient Egypt** An insight into the problems that plagued the ancient civilisation.
9.00 **Combat Dealers** Bruce takes Hus on an Italian road-trip.
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** Henry reflects on his American adventures.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 2/6. Ruby settles into her new routine of motherhood easily enough, but Allie is plagued by an overbearing nanny who seizes every opportunity to criticise her parenting. (S3)
10.20 **The Bill** *Clutching at Straws:* 3/11. Brownlow must deal with a gang of thugs who are using violence to extort money from local youths. **11.20** *Long Odds:* 4/11. Litten's day goes from bad to worse when he gets on the wrong side of both Galloway and Cryer. (S1)
12.20 AM **Pointless** Double bill.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Inside the Ambulance**

+1 hour 266 376

ID

154 166

8.00 AM **Twisted Sisters**
9.00 **Murder Decoded**
11.00 **Welcome to Killer Town**
1.00 PM **Swamp Murders**
3.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
5.00 **Still a Mystery** Double bill.
7.00 **Disappeared** The case of Lily Aramburo, who vanished in June 2007, abandoning her nine-month-old son Palden. **8.00** The cases of Felipe Santos and Terrance Williams, both of whom vanished after police caught them in separate instances driving illegally in Naples, Florida.
9.00 **The Wives Did It** The story of how a fundamentalist Mormon polygamist was found dead in suspicious circumstances. **10.00** The story of a love triangle that led to murder. **11.00** Focusing on the case of polygamist Jesse Cummings.
12.00 M'T **Shadow of Doubt**
2.00 AM **Still a Mystery**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's...**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop** Accountant Kamla gives Richard a reality check.
8.00 **Roadworthy Rescues** Restoring a 1928 Ford Model A.
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.45 AM **Kung Fu Panda 4** (2023)
8.30 **Problemista** (2024, 15) ★★★
10.20 **Slingshot** As 11.50pm.
12.20 PM **Twilight of the Warriors: Walled In** As 4.10am.
2.35 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
4.15 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
6.15 **A Quiet Place: Day One** Horror thriller prequel. (2024, 15, 100min) ★★★★

8.00 The Fall Guy

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Get Away Horror comedy starring Nick Frost. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
2.00 AM **The Convert** Action drama starring Guy Pearce. (2024, 15, 119min) ★★★★
4.10 **to 6.30** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Sky Cinema Hits

303 403 503 517

7.00 AM **S.W.A.T.** As 3.55pm.
9.00 **Galaxy Quest** As 2.50am.
10.55 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
12.35 PM **Mr Bean's Holiday** Comedy. (2007, PG) ★★★
2.10 **Kick-Ass 2** Comic-book action thriller sequel. (2013, 15, 99min) ★★★
3.55 **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★
5.55 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★

5.55 Spider-Man

8.00 Spider-Man 2 Fantasy adventure sequel starring Tobey Maguire. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Spider-Man 3 Fantasy sequel starring Tobey Maguire and Kirsten Dunst. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
2.50 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
4.35 **Sky Cinema Preview**
5.20 **to 7.05** AM **Kick-Ass 2**

Sky Cinema Drama

310 410 510 524

7.00 AM **Anatomy of a Murder**
9.50 **Aporia** Sci-fi drama with Judy Greer. (2023, 15, 104min) ★★★★
11.40 **Spotlight** As shown at 5.45pm.
1.55 PM **Whiplash** Music drama. (2014, 15, 106min) ★★★★★
3.50 **Magic Mike's Last Dance** Comedy drama sequel. (2023, 15, 112min) ★★★
5.45 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
8.00 **Meet Joe Black** Supernatural romantic drama starring Brad Pitt, Anthony Hopkins and Claire Forlani. Death comes to Earth and experiences love after giving a temporary reprieve to a media tycoon. (1998, 12, 181min) ★★★★
11.05 **Lamborghini: The Man Behind the Legend** Drama based on the life story of Ferruccio Lamborghini, the founder of Lamborghini. Stars Frank Grillo. (2022, 12, 97min) ★★
2.50 AM **Babylon** Ground-breaking British drama starring Brinsley Forde. (1980, 15, 94min) ★★★
2.30 **Anatomy of a Murder** Legal drama starring James Stewart. (1959, b/w, 12, 160min) ★★★★★
5.15 **to 7.15** AM **Summit Fever** Thriller. (2022, 15, 115min) ★★

Sky Cinema Sci-fi/Horror

311 411 511 525

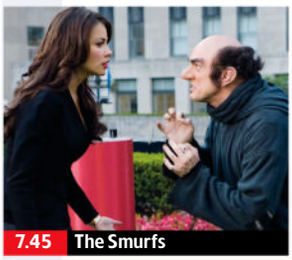
7.00 AM **Biosphere** As 11.45pm.
9.00 **Insidious: Chapter 2** Thriller sequel. (2013, 15, 103min) ★★★
10.55 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
12.35 PM **The Core** Sci-fi action thriller starring Aaron Eckhart. (2002, 12, 135min) ★★★
3.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
5.05 **Dune: Part Two** Sci-fi drama sequel with Timothée Chalamet. (2024, 12, 166min) ★★★★★
8.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
10.00 **Monolith** Thriller starring Lily Sullivan. (2022, 15, 90min) ★★★
11.45 **Biosphere** Sci-fi comedy drama. (2022, 15, 106min) ★★★
1.40 AM **Resident Evil: Retribution** Sci-fi action thriller sequel. (2012, 15, 92min) ★★★
3.25 **Christine** Horror starring Keith Gordon. (1983, 18, 110min) ★★★
5.25 **to 7.05** AM **Arcadian** Dystopian thriller starring Nicolas Cage. (2024, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.15 AM **The Muppets Take Manhattan** As 2.20am.
8.05 **Beethoven's 2nd** As 4.00am.
9.50 **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
12.25 PM **Hot Dog Derby**
2.00 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
4.00 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
6.05 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★


7.45 The Smurfs

7.45 **The Smurfs** Adventure starring Neil Patrick Harris and Hank Azaria. The Smurfs are sucked into a magic portal that takes them to Manhattan. (2011, U, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **The Smurfs 2** Children's adventure starring Hank Azaria and Neil Patrick Harris. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy adventure starring Martin Freeman. (2013, 12, 161min) ★★★★
2.20 AM **The Muppets Take Manhattan** Musical comedy. (1984, U, 94min) ★★★★
4.00 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
5.40 **to 7.10** AM **Hot Dog Derby** Family comedy starring Jason London. (2013, U, 82min) ★★

Sky Cinema Stunts

307 407 507 521

7.35 AM **Concrete Utopia** (2023)
9.55 **The Last Witch Hunter** (2015)
11.50 **King of Killers** Action thriller. (2023, 15, 92min) ★
1.30 PM **The Three Musketeers: Milady** Swashbuckling sequel. (2023, 12, 115min) ★★★★
3.35 **Need for Speed** Action adventure starring Aaron Paul. (2014, 12, 132min) ★★★
5.50 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy. (2015, 15, 120min) ★★★★★

10.15 2012

8.00 **Gran Turismo** Action drama starring David Harbour, Orlando Bloom and Archie Madekwe. A teenager beats thousands of other gamers in a competition to sit behind the wheel of a real racing car. (2023, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **2012** Epic disaster movie starring John Cusack, Chiwetel Ejiofor and Amanda Peet. A struggling writer strives to get his family to safety after he learns of an impending global catastrophe. (2009, 12, 158min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Concrete Utopia** South Korean drama. Subtitled. (2023, 15, 130min) ★★★★
3.05 **Need for Speed** As 3.35pm.
5.25 **to 7.20** AM **The Last Witch Hunter** Fantasy adventure. (2015, 12, 102min) ★★★

Sky Cinema Comedy

308 408 508 522

7.00 AM **Bye Bye Birdie** (1963)
8.55 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
10.35 **Two Weeks Notice** As 8pm.
12.30 PM **Fords on Water** Comedy. (1983, 15, 83min) ★★★
2.00 **Blue Hawaii** Elvis Presley musical. (1961, PG, 103min) ★★
3.45 **The Five-Year Engagement** Romantic comedy with Jason Segel. (2012, 15, 119min) ★★★
5.55 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★

5.55 It's Complicated

8.00 **Two Weeks Notice** Romantic comedy starring Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Clerks** Writer/director Kevin Smith's cult comedy about a day in the life of two young shop workers. Stars Brian O'Halloran and Jeff Anderson. (1994, b/w, 18, 92min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★★
1.20 AM **The Money Pit** Slapstick comedy starring Tom Hanks. (1985, 15, 91min) ★★★
3.05 **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★
4.55 **to 6.35** AM **The Estate** Comedy starring Toni Collette. (2022, 15, 96min) ★★

Sky Cinema Crime

309 409 509 523

6.25 AM **The Big Heat** Thriller. (1953, b/w, 15, 90min) ★★★★
8.00 **Melancholia** (1989, 15) ★★★
9.35 **To Catch a Thief** Hitchcock thriller. (1955, PG) ★★★★
11.35 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
1.35 PM **The Day of the Jackal** Thriller. (1973, 15) ★★★★★
4.00 **O Brother, Where Art Thou?** Comedy. (2000, 12) ★★★★
6.00 **Promising Young Woman** Thriller. (2020, 15) ★★★★

10.00 Bad Boys

8.00 **Baywatch** Action comedy based on the TV series starring Dwayne Johnson and Zac Efron. A veteran lifeguard teams up with an Olympic swimmer to scupper a criminal scheme. With Alexandra Daddario. (2017, 15, 121min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Nighthawks** Action thriller with Sylvester Stallone. (1981, 18, 99min) ★★★
1.55 **Internal Affairs** Thriller with Andy Garcia and Richard Gere. (1990, 18, 117min) ★★★★
4.00 **to 6.05** AM **The Dry** Crime drama starring Eric Bana. (2020, 15, 117min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Moonraker** Adventure. (1957, U, 82min) ★★★
12.45 PM **The Desert Fox** Biopic. (1951, b/w, PG, 88min) ★★★
2.30 **Hangman's Knot** Western. (1953, PG, 81min) ★★
4.10 **A Kid for Two Farthings** Comic fable with Celia Johnson. (1954, U, 96min) ★★★★
6.05 **Midway** World War Two drama starring Ed Skrein. (2019, 12, 138min) ★★★★

11.15 Not Okay

8 PM **Midway** (film started at 6.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Smile** Horror starring Sosie Bacon. After witnessing a traumatic incident involving a patient, a psychiatrist becomes convinced she is being threatened by an uncanny entity. With Kyle Gallner and Jessie T Usher. (2022, 18, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.15** PREMIERE **Not Okay** Comedy drama starring Zoey Deutch and Mia Isaac. An ambitious woman finds fame when she poses as the survivor of a deadly attack. (2022, 15, 100min) ★★★★
1.20 **to 3.35** AM **Meet the Parents** Comedy starring Ben Stiller and Robert De Niro. (2000, 12, 108min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

6.25 AM **Steve Jobs** As 3.10am.
8.30 **Patch Adams** As 5.15am.
10.30 **Field of Dreams** Fantasy. (1989, PG, 106min) ★★★★★
12.20 PM **Miss Potter** Biopic. (2006, PG, 93min) ★★★
1.55 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
4.05 **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★

6.05 **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
8.05 **There Will Be Blood** Epic drama starring Daniel Day-Lewis and Paul Dano. (2007, 15, 158min) ★★★★★
10.45 **The Day of the Jackal** Thriller based on the novel by Frederick Forsyth, starring Edward Fox as an assassin hired to kill French president Charles de Gaulle. (1973, 15, 142min) ★★★★★

1.10 AM **The Big Lebowski** Offbeat comedy thriller with Jeff Bridges. (1998, 18, 117min) ★★★★★
3.10 **Steve Jobs** Biographical drama. (2015, 15, 119min) ★★★★
5.15 **to 7.15** AM **Patch Adams** Fact-based comedy drama. (1998, 12, 115min) ★★

Sky Cinema Greats

304 404 504 518

6.00 AM **Hondo** As 2.20am.
7.30 **Vertigo** As shown at 4.30am.
9.45 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner. (1979, U, 132min) ★★★
12.00 NOON **Star Trek II: The Wrath of Khan** Sci-fi adventure. (1982, 12, 113min) ★★★★
2.00 PM **Star Trek III: The Search for Spock** Sci-fi adventure. (1984, PG, 105min) ★★

4.00 **Hudson Hawk** Anarchic action comedy. (1991, 15, 97min) ★★★
5.50 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
8.00 **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. (1986, 12, 110min) ★★★
9.55 **Out of Africa** Oscar-winning romantic epic starring Meryl Streep and Robert Redford. (1985, PG, 162min) ★★★★

12.35 AM **Hudson Hawk** As 4.00pm.
2.20 **Hondo** Western starring John Wayne. (1953, PG, 84min) ★★★
3.50 **Sky Cinema Preview**
4.30 **to 6.40** AM **Vertigo** Alfred Hitchcock's classic thriller with James Stewart and Kim Novak. (1958, PG, 128min) ★★★★★

Sky Cinema Animation

305 412 500 514

6.30 AM **Under the Boardwalk** Animation. (2023, PG) ★★★
8.05 **Spirit: Stallion of the Cimarron**
9.40 **The Secret Life of Pets** (2016)
11.15 **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★★
12.50 PM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★

2.20 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
4.00 **The Emoji Movie** As 8.45pm.
5.35 **Madagascar: Escape 2 Africa**
7.10 **The Secret Life of Pets** Animation. (2016, U) ★★★
8.45 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
10.20 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
11.55 **The Nut Job** Animated family comedy. (2014, U, 85min) ★★★

1.30 AM **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★★
3.05 **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★
4.30 **to 6.10** AM **Riverdance: The Animated Adventure**

Movies 24

312 419

7.00 AM **To Her, With Love** Drama. (2022, PG, 84min) ★★
9.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
11.00 **A Taste of Christmas** Festive drama. (2023, PG, 90min) ★★
1.00 PM **A Royal Makeover** Romantic comedy drama. (2023, PG, 87min) ★★
3.00 **The Journey Ahead** Comedy. (2022, PG, 102min) ★★

5.00 **Song & Story: Amazing Grace** Drama. (2021, PG, 90min) ★★
7.00 **Fashionably in Love** Romantic comedy with Celeste Desjardins. (2023, PG, 87min) ★★
9.00 **Love Map** Comedy with Ashley Bratcher and Reed Favero. A columnist and a tour guide clash while working on a map of the most romantic places in Florida. (2022, PG, 89min) ★★
11.00 **You, Me, and that Mountain Retreat** Romantic comedy. (2023, PG, 86min) ★★

1.00 AM **A Scottish Love Scheme** Romantic drama starring Erica Durance. (2024, 12, 84min) ★★
3.00 **to 5.00** AM **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Four Star Theatre** (S3)
6.30 **Police Dog** Crime thriller. (1955, b/w, U, 70min) ★★
8.00 **Lily of Killarney** Musical. (1934, b/w, U, 88min) ★★★
9.35 **Snowball** Children's drama. (1960, b/w, U, 69min) ★★★
11.00 **The Brave Don't Cry** Drama. (1952, b/w, U, 90min) ★★★
12.45 PM **The Stranger Came Home** Mystery. (1954, b/w, 15) ★★★

2.25 **Hell Drivers** Action drama. (1957, b/w, PG, 104min) ★★★
4.35 **Look at Life**
4.45 **Secret Army**
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman** 25/34. (S1)
7.35 **Beau Geste** 2/8. (S1)
8.05 **Rumpole of the Bailey** (S5)
9.10 **Confession** Crime thriller starring Sydney Chaplin. (1955, b/w, PG, 90min) ★★
11.05 **Silent Rage** Sci-fi chiller. (1982, 18, 91min) ★★

1.15 AM **These Are the Damned** Hammer sci-fi thriller. (1962, b/w, 12, 84min) ★★
3.10 **The Intruder** Drama. (1961, b/w, 15, 79min) ★★★
4.55 **to 6.00** AM **Song of the Range** Musical Western. (1944, b/w, U, 55min) ★★★

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 **LIVE Big Bash League Hobart Hurricanes v Melbourne Renegades.** Coverage of the T20 match staged at Bellerive Oval.
11.45 **LIVE SA20 Pretoria Capitals v Sunrisers Eastern Cape.** Coverage of the T20 match at Centurion Park in South Africa.
3.00 PM **LIVE SA20 Durban's Super Giants v Joburg Super Kings.** Coverage of the T20 match at Kingsmead Cricket Ground.
7.30 **LIVE SPFL Dundee v Celtic.** The Scottish Premiership match from Dens Park. The Bhoys claimed a 2-0 home win at Celtic Park when the teams last met in October, and have not lost to Dundee since the 2000/01 season. Kick-off is at **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **LIVE TGL Los Angeles Golf Club v Jupiter Links Golf Club.** Coverage of match two of the team competition, held at Palm Beach Gardens in Florida.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** Action from the 2011/12 season.
3.00 **PL Retro** A replay of Arsenal v Manchester United from 2005.
5.00 **The Transfer Show**
5.30 **Premier League Icons** A profile of Chelsea legend Eden Hazard.
6.00 **Premier League 100 Club** The best of Alan Shearer's 260 goals in the Premier League.
6.30 **Premier League 100: David James** The former goalkeeper looks back at his career.
7.00 **Gillette Labs Soccer Special**
10.15 **Sticker Book: Bruno Fernandes**
10.30 **Premier League Icons**
11.00 **Premier League Years** A look back at the 2012/13 season.
1.00 AM **PL Retro** A chance to see Arsenal v Leeds United in 2003.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2011/12**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL** Action from 2014/15.
11.30 **Best Scottish Premiership Goals 2021/22** Top strikes.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Highlights Show**
1.30 **EFL Highlights**
2.30 **Scottish Premiership Round-Up**
2.45 **SPFL Highlights**
3.15 **EFL Highlights**
4.15 **Bundesliga Legends**
4.20 **Bundesliga Highlights Show**
5.20 **LIVE Bundesliga Holstein Kiel v Borussia Dortmund.** The German top-flight match from Holstein Stadion. The teams last met in the semi-finals of the 2020/21 DFB Pokal, when Dortmund recorded an emphatic 5-0 victory. Kick-off **5.30pm**.
7.30 **LIVE SPFL Dundee v Celtic.** Coverage of the Scottish Premiership match staged at Dens Park. Kick-off is at **8.00pm**.
10.30 **EFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2012/13 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **SA20** T20 highlights.
7.00 **Blue for Bob** A Bob Willis tribute.
7.15 **Best of Jimmy Anderson: 500th Wicket** From 2017.
7.25 **Big Bash League**
8.25 **LIVE Big Bash League Hobart Hurricanes v Melbourne Renegades.** The T20 match at Ninja Stadium.
11.00 **LIVE SA20 Pretoria Capitals v Sunrisers Eastern Cape.** Coverage of the T20 match at Centurion Park in South Africa.
3.00 PM **LIVE SA20 Durban's Super Giants v Joburg Super Kings.** The T20 match staged at Kingsmead Cricket Ground.
7.30 **Best of England v South Africa**
7.45 **Jimmy Anderson's Greatest Spells** Archive action.
8.00 **Big Bash League**
9.00 **SA20** Recent T20 highlights.
12.00 M'T **Big Bash League**
3.05 AM **Best of Jimmy Anderson: 500th Wicket** From 2017.
3.15 **Best of England v South Africa**
3.45 **Best of the Big Bash League**
4.00 **SA20** T20 highlights.
5.00 **Jimmy Anderson's Greatest Spells** Archive action.
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Playing Lessons**
7.00 **Golf Academy** With Nick Faldo.
8.00 **DP World Tour Golf**
9.00 **PGA Tour Golf**
10.00 **TGL** Action from New York Golf Club v The Bay Golf Club.
12.00 NOON **DP World Tour Golf**
1.00 PM **PGA Tour Golf**
2.00 **Playing Lessons**
3.00 **TGL** As shown at 10.00am.
5.00 **DP World Tour Golf** Team Cup.
6.00 **Uncommon: Building a Boston Sports Team**
6.30 **Junior Golf** Highlights.
7.00 **PGA Tour Golf** Sony Open
8.00 **Ryder Cup Memories**
8.30 **Uncommon: Building a Boston Sports Team**
9.00 **Junior Golf** Highlights.
9.30 **Uncommon: Building a Boston Sports Team**
10.00 **DP World Tour Golf**
11.00 **PGA Tour Golf** Sony Open.
12.00 M'T **LIVE TGL Los Angeles Golf Club v Jupiter Links Golf Club.** Coverage of match two.
2.00 AM **Nick Dougherty's Winter Tee Time Tips**
3.00 **Playing Lessons**
4.00 **Golf Academy** With Tony Jacklin.
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 1

410 870 527 408 430

6.00 AM **LIVE Women's Ashes Australia v England.** The second ODI staged at Junction Oval.
7.30 **TNT Sports Cricket Reload**
7.45 **Serie A** Action from Italy.
9.45 **A-League Highlights**
10.45 **LIVE A-League Perth Glory v Western Sydney Wanderers.**
12.45 PM **TNT Sports Cricket Reload**
1.00 **Women's Ashes** Recent action.
2.30 **Women's ODI Cricket**
3.30 **Premiership Women's Rugby**
4.30 **SailGP – Racing on the Edge**
5.00 **I Believe in Miracles**
6.30 **LIVE Premier League Nottingham Forest v Liverpool.** Coverage from the City Ground. Kick-off **8.00pm**.
10.45 **Premier League Stories**
11.15 **Between the Lines**
11.30 **NBA Tip-Off** Previews.
12.00 M'T **LIVE NBA Indiana Pacers v Cleveland Cavaliers.** Coverage from Gainbridge Fieldhouse. Tip-off **12.00m't**.
2.30 AM **LIVE NBA Dallas Mavericks v Denver Nuggets.** Coverage from American Airlines Centre. Tip-off is at **2.30am**.
5.00 **to 6.00** AM **NBA on TNT Postgame**

TNT Sports 2

411 871 528 409 431

6.45 AM **One Day International Cricket** Recent action.
9.45 **Women's One-Day International Cricket**
10.45 **Sign Up – Into Football**
11.30 **What I Wore** Emmanuel Petit.
12.00 NOON **Allianz Premiership Women's Rugby** Highlights from Exeter Chiefs v Bristol Bears.
1.00 PM **What Went Down**
2.15 **Tom Aspinall's Fight Lab**
3.00 **Isuzu UTE A-League**
4.00 **Women's Ashes** Australia v England: Action from the second ODI in the multi-format series at Junction Oval in Melbourne.
5.30 **The Football's On**
6.30 **LIVE Premier League Brentford v Manchester City.** Coverage of the top-flight match staged at the Gtech Community Stadium. Kick-off is at **7.30pm**.
10.00 **The Football's On** A humorous look at the week's football stories.
11.00 **What I Wore** Emmanuel Petit.
11.30 **Premier League** A replay of Nottingham Forest v Liverpool.
1.00 AM Another chance to see Brentford v Manchester City.
2.30 Chelsea v Bournemouth.
4.00 **to 5.30** AM **Premier League**

TNT Sports 3

417 874 529 410 432

6.00 AM **Isuzu A-League Highlights**
6.30 **Fishing: On the Bank**
7.30 **ABB FIA Formula E World Championship Highlights**
8.30 **MotoGP** Highlights from the Grand Prix of Qatar.
12.00 NOON **MotoGP** Action from the Grand Prix of Portugal.
3.30 PM **Serie A** AC Milan v Cagliari.
4.30 Napoli v Hellas Verona.
5.30 **Premier League Preview**
6.00 **Between the Lines** Rio Ferdinand speaks to Chelsea manager Enzo Maresca.
6.30 **LIVE Premier League Chelsea v Bournemouth.** Coverage of the top-flight game at Stamford Bridge. Kick-off **7.30pm**.
10.00 **Women's Ashes** Australia v England: Highlights of the second ODI in the multi-format series from Junction Oval in Melbourne.
11.30 **LIVE Women's T20 Super Smash Auckland Hearts v Central Hinds.** Coverage of the match at McLean Park in Napier.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM **LIVE T20 Super Smash Auckland Aces v Central Stags.** Coverage of the match at McLean Park in Napier.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
11.00 **NFL Bitesize Highlights**
12.15 PM **NFL Highlights**
12.30 **NFL Bitesize Highlights**
1.00 **Good Morning Football**
3.00 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk** With Mike Florio and Chris Simms.
8.00 **NFL Bitesize Highlights** Action from the sixth Wild Card play-off.
8.15 The first Wild Card play-off.
8.30 Highlights from the third Wild Card play-off.
8.45 The fourth Wild Card play-off.
9.00 **Kansas City Chiefs: The Franchise** A behind-the-scenes look at the Kansas City Chiefs.
9.30 **NFL Bitesize Highlights**
10.00 **NFL Highlights** Action from the fifth Wild Card play-off.
11.00 **Kansas City Chiefs: The Franchise** Behind-the-scenes.
11.30 **NFL Bitesize Highlights**
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** Action from recent finals.
11.00 **US Open** Highlights from 2024.
1.00 PM **ATP Tour Classic Matches**
3.00 **US Open Classic Matches**
4.00 **ATP Tennis** Hong Kong Open.
5.00 **WTA Tennis** Hobart International.
6.00 **US Open** Highlights from 2024.
8.00 **ATP Tennis** Hong Kong Open.
9.00 **WTA Tennis** Hobart International.
10.00 **US Open Classic Matches**
11.00 **ATP Tennis** Brisbane International.
1.00 AM **US Open Tennis**
3.00 **US Open Classic Matches**
4.00 **to 6.00** AM **ATP Tour Classic Matches**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Highlights**
8.25 **LIVE Big Bash League Hobart Hurricanes v Melbourne Renegades.** From Ninja Stadium.
11.45 **Blue for Bob**
12.00 NOON **Tennis**
2.00 PM **Super League Highlights**
3.00 **SA20** MI Cape Town v Paarl Royals.
4.00 **PGA Tour Golf** The Sony Open.
5.00 **Super League Highlights**
5.15 **Bundesliga Legends**
5.20 **LIVE Bundesliga Holstein Kiel v Borussia Dortmund.**
7.30 **LIVE Bundesliga Bayer Leverkusen v FSV Mainz 05.**
9.30 **Super League Highlights**
10.00 **The Rugby Championship**
12.05 AM **Top Rank Boxing Archive**
1.15 **Super League Highlights**
1.45 **World Club Challenge**
2.00 **Big Bash League**
3.00 **SA20** Recent action.
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 4

421 876 530 411 434

6.00 AM **Autumn Nations Series**
1.00 PM **Ninja A-League Women Highlights** Recent action.
1.30 **NBA** A chance to see Los Angeles Lakers v San Antonio Spurs.
3.00 **NBA Classic** A look back at New York Yankees v Los Angeles Lakers from the 2011/12 season.
5.00 **NBA** A chance to see Los Angeles Lakers v San Antonio Spurs.
6.30 **LIVE Premier League West Ham United v Fulham.** Coverage of the top-flight match staged at the London Stadium. Kick-off is at **7.30pm**.
10.00 **Massive** The story of West Ham United's 2022/23 UEFA Europa Conference League campaign.
11.30 **Fight Week** UFC 311 preview.
12.00 M'T **UFC Main Event**
4.00 AM **Fight Week**
4.30 **Ninja A-League Women Highlights** Recent action.
5.00 **to 6.00** AM **Isuzu UTE A-League**

Eurosport 1

413 870 521 412 435

5.30 AM **LIVE Australian Open Tennis** Coverage of day three of the opening Grand Slam event of the season, featuring first-round matches at Melbourne Park.
1.00 PM **LIVE Masters Snooker Judd Trump v Barry Hawkins.** Coverage of the fifth first-round match of the tournament staged at Alexandra Palace in London.
4.30 **Dakar Rally** Stage eight from Al Duwadimi to Riyadh in Saudi Arabia.
5.30 **Masters Snooker** Highlights of Judd Trump v Barry Hawkins.
6.45 **LIVE Masters Snooker Mark Allen v Si Jiahui.** Coverage of match six in the first round of the tournament at Alexandra Palace.
10.30 **Masters Snooker** Highlights from Mark Allen v Si Jiahui.
12.30 **to 5.30** AM **LIVE Australian Open Tennis** Coverage of day four of the opening Grand Slam event of the season, featuring second-round matches.

Eurosport 2

414 871 522 413 436

5.30 AM **LIVE Australian Open Tennis** Coverage of day three of the opening Grand Slam event of the season from Melbourne Park.
1.00 PM **Alpine Skiing**
4.30 **LIVE Alpine Skiing** Coverage of the World Cup meeting from Flachau, Austria, featuring the first run in the women's slalom.
6.15 **LIVE Snowboarding** The World Cup meeting from Bad Gastein in Austria, featuring the men's and women's parallel slaloms.
6.45 **Alpine Skiing** From Adelboden.
7.15 **Snowboarding**
7.30 **LIVE Alpine Skiing** Coverage of the World Cup meeting from Flachau, Austria, featuring the second run in the women's slalom.
8.45 **Dakar Rally** The ninth stage.
9.45 **Winter Sport** Zoe Atkin.
10.00 **Australian Open Tennis**
12.30 **to 5.30** AM **LIVE Australian Open Tennis** Coverage of the fourth day at Melbourne Park.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** The latest news.
5.00 **The Transfer Show**
5.30 **LIVE Bundesliga Holstein Kiel v Borussia Dortmund.** Coverage of the German top-flight match staged at Holstein Stadion. Kick-off is at **5.30pm**.
7.30 **Bundesliga Top 5 Brazilian Goals** Best strikes in the German top flight by Brazilian players.
7.35 **LIVE EFL Exeter City v Mansfield Town.** Coverage of the League One match from St James Park. Kick-off **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.15 **Sky Sports News at Ten**
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Lewis Hamilton: Why Heritage Matters**
12.30 PM **Formula 1** From Imola, Italy.
2.30 **Ted's Notebook**
3.00 **Formula 1** From Emilia-Romagna.
7.35 **Ted's Notebook**
8.05 **Simon's Luge Trip**
8.15 **Ayao Komatsu & Coventry City**
8.30 **Formula 1** From Imola, Italy.
10.45 **F1 Features**
11.00 **Formula 1** Action from 2024.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Wednesday 15 January

Evening Planner

Football

Premier League
TNT Sports 4, k-o 7.30pm
Leicester's Jamie Vardy will be hoping to help the Foxes move to a safer spot in the table as they face Crystal Palace tonight.

Crime Drama

Grantchester
ITV1, 9pm
Will (Tom Brittney, right) is struggling to tell Geordie (Robson Green) about his plans to move on to pastures new.

Documentary

Untold: Born in the Limelight
C4, 12.05am
Phoenix Chi Brown, daughter of Mel B, looks at the advantages of 'nepo babies'.

OnDemand

Disney+

A Real Bug's Life
Available today
The series returns with the latest camera technology capturing amazing footage of insects in their habitats.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 The Traitors		10.00 News; Local News	10.40 Match... †
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Digging for Britain		9.00 Simon Schama's Story of Us		10.00 The Traitors...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Patience		10.00 Marilyn Manson: Unmasked	
	105 CHANNEL 5	7.00 GPs: Behind Closed Doors		8.00 The Air Fryer Diet: Lose Weight, Cook...		9.00 Surgeons: A Matter of Life or Death		10.00 999: Emergency Call Out	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Shark: British Isles Special with Steve...		9.00 Film: RED 2			
ENTERTAINMENT	115 BBC3		7.10 Top Gear		8.20 The Simple Life	9.00 Film: Escape Room			10.35 Him & Her
	116 BBC4	7.00 Snooker: The Masters – Live: Luca Brecel v Chris Wakelin						10.00 Eric & Ernie	
	118 ITV2	‹ 6.25 Film: Harry Potter and the Deathly Hallows: Part II				9.00 Love Island: All Stars		10.05 G'wed	10.40 Family...
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 Grand Designs				10.00 Emergency	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Elsbeth		10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.50 Billions		7.55 Game of Thrones		9.00 Gangs of London			10.15 Succession
	110 U&GOLD	‹ 6.35 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Unforgotten	
	120 ITV4	7.00 The Motorbike Show		8.00 Junk and Disorderly		9.00 Film: From Russia with Love			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jack Whitehall Live		10.00 Jimmy Carr: Making People Laugh	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Flintoff: Lord of the Fries		9.00 Rob Beckett's Smart TV	9.50 Strike Back: Vengeance		
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Landscape Artist of the Year...		9.00 Ai Weiwei: Yours Truly			10.35 Spielberg
	132 U&W	7.00 DIY SOS: The Big Build Ireland		8.00 Pete Wicks: For Dogs' Sake		9.00 Katherine Ryan: Parental Guidance		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Jade Fever		10.00 Gold Rush: White Water	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Sharks of the Badlands		9.00 Shark Vortex		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hitler's Death Army: Das Reich				10.00 No Man Left Behind	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 The Curse of Oak Island		10.00 Tales from Oak Island	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Canal Boat Diaries		9.00 Great Canal Journeys		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Last Call: When a Serial Killer Stalked...		8.00 Spector		9.00 Tell Them You Love Me			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 The Fall Guy		8.00 A Quiet Place: Day One			9.45 Godzilla x Kong: The New Empire		
	302 ICONS	‹ 6.00 Eternal Sunshine of the Spotless Mind		8.00 The Truman Show				10.00 The Big Lebowski	
	303 HITS	‹ 5.55 Godzilla		8.00 Godzilla x Kong: The New Empire			9.55 Ghostbusters: Frozen Empire		
	304 GREATS	‹ 5.35 Far and Away		8.00 Alfie				10.00 Ghost	
	305 ANIMATION		7.15 Hotel Transylvania			8.55 Storks			10.30 Home
	306 FAMILY	‹ 5.55 Dungeons & Dragons: Honour Among Thieves			8.20 A Tiger's Journey			10.05 Small Soldiers	
	307 STUNTS	‹ 5.20 2012		8.00 Top Gun				10.00 The Huntsman: Winter's War	
	308 COMEDY	‹ 6.00 Shirley Valentine		8.00 Airplane!			9.35 Airplane II – The Sequel		
	309 CRIME	‹ 6.20 Drive-Away Dolls		8.00 Boyz N the Hood				10.00 Bad Boys II	
	310 DRAMA	‹ 6.15 The Great Escaper		8.00 Straight Outta Compton					
	311 SCI-FI	‹ 5.55 Total Recall		8.00 Star Trek Into Darkness					10.15 Ghost in the Shell
	313 FILM4	‹ 5.50 Le Mans '66				9.00 The Electrical Life of Louis Wain			
SPORT	401 MAIN EVENT	‹ 3.00 SA20 – Live	7.30 SPFL – Live: Rangers v Aberdeen (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.15 PL Stories
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 SPFL – Live: Rangers v Aberdeen (Kick-off 8.00)						10.30 SPFL Highlights
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 The Best of...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	‹ 6.30 Premier League – Live: Arsenal v Tottenham Hotspur (Kick-off 8.00)							
	411 TNT SPORTS 2	‹ 6.30 Premier League – Live: Everton v Aston Villa (Kick-off 7.30)						10.00 Crouchy and...	10.30 UFC...

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A family heirloom. (S)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition Helping a couple who are moving into a cottage. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** By the Labour Party. (S)

9.00 The Traitors

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay. present the topical show. (S)
7.30 **EastEnders** Martin is furious with Reiss, while Nicola offers Jack a shoulder to cry on as things get worse for him. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition Experts restore a jacket and collar that once belonged to a rescue dog that helped in the aftermath of the 1988 Lockerbie disaster. Plus, a 1970s table, a saxophone and some rugby boots. (S)(AD)

9 PM

9.00 **The Traitors** New edition 7/12. The Faithful rush to gain some clarity after a brutal murderous act. (S)(AD)
■ Continues tomorrow.
The Traitors: Uncloaked follows on BBC2 at 10.00pm

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day** Action from the midweek Premier League matches, including Arsenal v Tottenham Hotspur held at the Emirates Stadium, Nottingham Forest v Liverpool at the City Ground and Leicester City v Crystal Palace at the King Power Stadium. (S)
12.00 M'T **The Weakest Link** Celebrity edition of the quiz, hosted by Romesh Ranganathan, with Mel B, Eamonn Holmes, Shobna Gulati, Denis Lawson, Arielle Free, Briony May Williams, Nick Pickard and Rob Bent. (S)(R)
12.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.50 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** Oxfordshire. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **LIVE Snooker: The Masters** Kyren Wilson v Zhang Anda: Hazel Irvine presents coverage of match seven in the first round staged at Alexandra Palace in London. (S)
4.15 **World's Weirdest Events** (S)(R)
5.15 **Flog It!** (S)(R)
6.00 **Richard Osman's House of Games** New edition With Harry Aikines-Aryeetey, Ania Magliano, Joe Swash and Jasmine Takhar. (S)
6.30 **Joanna Page's Wild Life** New edition 8/15. A peregrine falcon with a very noisy screech is brought into the rescue centre. (S)

7.00 Celebrity Antiques Road Trip

7 PM

7.00 **Celebrity Antiques Road Trip** New edition John Bercow, the former speaker of the House of Commons, and gold medal-winning hurdler Sally Gunnell take part, searching for antiques in Brighton. (S)

8 PM

8.00 **Digging for Britain** New edition 5/6. Alice Roberts joins a team of commercial archaeologists who have uncovered a previously unknown Roman Villa complex west of Oxford. (S)(AD)
■ Concludes tomorrow

9 PM

9.00 **Simon Schama's Story of Us** New edition 2/3. An examination of how artists and writers, ranging from James Bond creator Ian Fleming to two-tone band The Specials, have responded to the changing face of post-imperial Britain. (S)(AD)

10 PM

10.00 **The Traitors: Uncloaked** New edition 7/12. Ed Gamble and guests discuss the latest events in the castle. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **7/7: The London Bombings** 4/4. A tip-off leads police to the bomb factory. (S)(R)(AD)
12.05 AM **Snooker: The Masters – Extra** Kyren Wilson v Zhang Anda. (S)
2.05 **Sign Zone: The Traitors** (S)(R)(AD)
3.05 **Sign Zone: SAS Rogue Heroes** 3/6. An order issued by Hitler threatens the fate of one of the captured soldiers. (S2) (S)(R)(AD)
4.05 **Sign Zone: Fake or Fortune?** (R)
5.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition With Eddie Kadi and Jeanette Kwakye. (S)(AD)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Alana takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.20 **Party Political Broadcast** By the Labour Party. (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7 PM

7.30 **Emmerdale** Chas atempts to reassure Ruby, Laurel reaches out, and Cain struggles to stifle his guilt. (S)

8 PM

8.00 **Coronation Street** Bethany feels eclipsed by Daisy at Bertie's birthday celebration, Bobby persuades Carla to visit Rob, Lauren makes a sacrifice for Max's sake, and Kevin has a worrying symptom. (S)(AD)

9 PM

9.00 **Grantchester** New episode 2/8. A hotel manager is murdered on the same day an abandoned baby is found in the church and Geordie learns that Will is thinking of leaving the parish. (S9) (S)(AD)
■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **NEW SERIES Peston** Political magazine presented by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **For the Love of Dogs with Alison Hammond** 1/6. The presenter helps animals to find forever homes. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Tonight: Keep, Chuck or Cash-In? The Big Clear Out** (S)(SL)(R)
3.25 **Tom Kerridge Cooks Britain** 1/6. Tom heads to Kent and Cambridgeshire. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 10-12/27. (S9) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 7-10/25. (S11) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** Brooklyn. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Valencia. (S)(R)
4.00 **A New Life in the Sun** New edition In France, some new plans keep restaurateurs Andrew and Richard on their toes. (S)
5.00 **Junior Bake Off** New edition 8/15. The second heat sees the junior bakers tackle the challenges of Bread Day. (S)(AD)
6.00 **A Place in the Sun** New edition A London-based man seeks a property on the Costa Blanca. (S)

8.00 Kirstie and Phil's Love It or List It

7 PM

7.00 **News** (S)

8 PM

8.00 **Kirstie and Phil's Love It or List It** New edition Kirstie Allsopp and Phil Spencer help Aneri, Nihar and their daughter decide whether to stay put in the village of Radlett in Hertfordshire or start fresh elsewhere. (S)(AD)

9 PM

9.00 **Patience** New episode 3/6. A young woman is found dead among the dinosaur display at a museum and the team's investigation leads them into the world of fossil smuggling. (S1) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **Marilyn Manson: Unmasked** New edition 2/3. This edition examines the relationship between actor Evan Rachel Wood and rock musician Marilyn Manson. (S)(AD)
■ Concludes tomorrow
11.05 **Manhunt** 1/3. (S)(SL)(R)(AD)
12.05 AM **NEW Untold: Born in the Limelight – Nepo Babies** The complex relationship between parentage, fame and fortune. (S)
1.05 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(SL)(R)
2.00 **Undercover Boss USA** (S)(R)
2.50 **Marilyn Manson: Unmasked** (S)(R)
3.45 **Sunday Brunch Best Bits** (S)(R)
4.05 **Frasier** (S8&9) (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 **Bone to Pick: A Teagarden Mystery** Crime drama starring Candace Cameron Bure and Peter Benson. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition Gill Bird takes a group of Brits to Soportújar, the 'village of witches'. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols in Scotland and the north of England. (S)(R)
6.55 **News** (S)

9.00 Surgeons: A Matter of Life...

7.00 **GPs: Behind Closed Doors** New edition Edwardo visits the mobile surgery about his ear, and new mum Jazmine worries about post-partum bleeding. (S)
7.55 **News** (S)
8.00 **The Air Fryer Diet: Lose Weight, Cook Fast** Series finale 2/2. Cherry Healey tests a week's worth of calorie-controlled meals all made in an air fryer, from speedy breakfasts to hearty teas and dinners. (S)
9.00 **Surgeons: A Matter of Life or Death** New edition Two surgeons remove an aggressive cancer from a patient's face, and another operates on a woman whose stomach has shifted up into her chest. (S)
10.00 **999: Emergency Call Out** Emergency service workers help a woman who has been flung from a horse, attend the scenes of two separate road collisions and assess a man left unconscious from alcohol consumption. (S)(R)
11.05 **Ambulance: Code Red** (S)(R)
12.05 AM **Motorway Cops: Catching America's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.50 **The Wonderful World of Chocolate** (S)(SL)(R)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (S)(R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 7/13. (S4) (S)(R)
5.00 **The Simpsons** *Fraudcast News:* Reports of Mr Burns's death provoke a media storm. (S)(R) **5.30** *The Ziff Who Came to Dinner:* Homer is sentenced to 10 years in prison. (S)(R)
6.00 **The Office (US)** 7/26. Pam discovers that Michael is dating her mother. (S)(R) **6.30** 8/26. Michael is mocked for falling into a koi pond during a sales pitch. (S6) (S)(R)

9.00 RED 2

7.00 **The Simpsons** *Homer the Whopper:* Homer is cast as the lead in a superhero movie. With the voice of Seth Rogen. (S)(R) **7.30** *Bart Gets a Z:* Bart's mischief causes teacher Mrs Krabappel to get fired. (S)(R)
8.00 **Shark: British Isles Special with Steve Backshall** Steve searches for sharks inhabiting the waters around the British Isles, encountering a basking shark near the Hebrides and diving with a blue shark in Cornwall. (S)(R)
9.00 FILM **RED 2** Action comedy sequel starring Bruce Willis, John Malkovich, Mary-Louise Parker and Helen Mirren. A bunch of retired spies attempt to track down a missing nuclear bomb. With Catherine Zeta-Jones and Anthony Hopkins. (S) (2013, 12, 111 min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **Karl Pilkington: The Moaning of Life** 1/6. Karl considers the point of art. (S)(R)(AD)
12.10 AM **The Force: Manchester** Officers respond to a series of alcohol-related incidents. (S)(R)
1.10 **Brit Cops: Rapid Response** (R)
2.10 **Road Wars** (S)(R)
3.05 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
2.30pm Politics Scotland (S) **3.15-3.45** Animal Park (S)(R)(AD) **10.40** Sportscene: Premiership Highlights (S) **11.10** Match of the Day (S) **12.30am** Scotcast (S)(R) **1.00** Weather for the Week Ahead (S) **1.05-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Video Nasty New episodes (S) **11.40** Match of the Day (S) **1.00am** The Weakest Link (S)(R) **1.50-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri (AD) **12.30** Heno **1.00** Codi Hwyl **1.30** Y Ci Perffaith **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwladfa: Gwilym Bowen Rhys **6.25** Darllediad Gwleidyddol New edition **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Colleen Ramsey: Bywyd a Bwyd New edition **8.55** Newyddion a'r Tywydd **9.00** Amour & Mynydd New edition **10.00** Llofruddiaeth y Bwa Croes **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Press X on the BBC** Open-world gaming.
7.10 **Top Gear** Chris Harris test-drives the Ferrari FXX-K at Daytona circuit in Florida.
8.15 **The Catch Up**
8.20 **The Simple Life** 9/11. Paris Hilton and Nicole Richie get jobs at a sheriff station. **8.40** 10/11. The duo start work on a cattle ranch.
9.00 FILM **Escape Room** Thriller starring Deborah Ann Woll. A group of individuals are unwittingly lured into escape room scenarios, leading to a terrifying battle for life. (2019, 15, 99min) ★★★
10.35 **Him & Her** 5/7. A flashback to Steve and Becky's first date. **11.05** 6/7. Steve asks Becky to marry him. (S3)
11.35 **Him & Her: The Christmas Special** Steve and Becky get a surprise visitor on Christmas Day.
12.05 AM **Starstruck**
12.50 **Top Gear**
1.55 **Dubai Hustle**
2.55 **to 3.55** AM **Him & Her**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM LIVE **Snooker: The Masters** Luca Brecel v Chris Wakelin: Seema Jaswal presents coverage of the eighth and final match in the first round of the tournament, held at Alexandra Palace in London. With commentary and analysis from Steve Davis, Shaun Murphy, Ken Doherty, John Parrott, Stephen Hendry and Dennis Taylor.
10.00 **Eric & Ernie** One-off drama about Morecambe and Wise's early years, from their meeting on the children's variety circuit to their first TV appearances. Stars Daniel Rigby, Bryan Dick, Victoria Wood, Jim Moir and Reece Shearsmith.
11.30 **Parkinson** With Eric Morecambe, Ernie Wise, Janet Webb, Raquel Welch and Stéphane Grappelli.
12.40 AM **The US and the Holocaust** 1/3. How the US people and their leaders responded to the Holocaust.
2.40 **to 3.40** AM **Winterwatch 1963: The Big Freeze**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Derby.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw head to Somerset to restore a Jeep Grand Cherokee. **6.55** A 1986 Rover SD1 that has been rotting away in a dirty lock-up.
7.55 **Grand Designs** Kevin McCloud follows the progress of musician Toby as he sets out to build a house wrapped around an ancient oak tree in rural Suffolk. **9.00** Zara and her partner Giuliano from Reading take a leap of faith as they build the 400-square-metre malthouse-inspired home of their dreams in the Lincolnshire Wolds.
10.00 **Emergency** A seven-year-old undergoes MRI scans after falling 20 feet down a cliff, and London's Air Ambulance are dispatched to a 51-year-old man after his car collided with a bus.
11.05 **24 Hours in A&E**
12.05 AM **Emergency Helicopter Medics**
1.10 **Emergency**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon** (S1)
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Take My Wife, Sleaze.*
7.00 **Hollyoaks** There's a shock new couple in town.
7.30 **Modern Family** 21/22. Cam is asked to preside over the high-school graduation ceremony. (S10)
8.00 **The Simpsons** *How I Wet Your Mother:* Homer suffers a bout of incontinence. **8.30** *Them, Robot:* Mr Burns replaces the power plant employees with robots.
9.00 **Celebrity Gogglebox** Famous faces appraise *Ramsay's 24 Hours To Hell and Back* and *Ambulance.*
10.05 **Gogglebox** Reviews of *Jamie's £1 Wonders.*
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Celebrity Gogglebox**
2.15 **Gogglebox**
3.10 **The Simpsons**
4.00 **Brooklyn Nine-Nine**
4.55 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

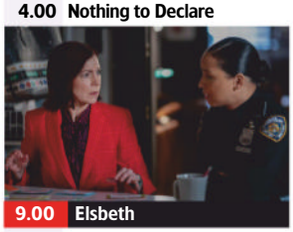
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 7/22. (S6)
12.00 NOON **FBI** 7/22. (S5)
1.00 PM **FBI: International** 7/22. The Fly Team investigate the kidnapping of a businessman's bodyguard and girlfriend. (S2)
2.00 **Caught on Dashcam**
3.00 **UK Border Force**
4.00 **Nothing to Declare**


9.00 Elsbeth

7 PM
7.00 **Nothing to Declare** Two men attempt to avoid luggage checks. **7.30** Officers uncover a bag filled with drugs.

8 PM
8.00 **FBI** *Breakdown:* 11/22. The team investigate the use of a bio-chemical weapon that left two MTA workers dead. (S5)

9 PM
9.00 **Elsbeth** *A Classic New York Character:* 2/10. The president of a luxury pre-war building falls off her balcony to her death. (S1)

10 PM
10.00 **The Equalizer** *True Believer:* 9/10. McCall helps a wife locate her husband before he carries out a city bombing.(S1)
11.00 **The Rookie** 17/20. A massive earthquake rocks the city. (S1)
12.00 M'T **Chicago Fire** 7/13. (S12)
1.00 AM **Chicago PD** 5/13. (S11)
2.00 **Chicago Med** 5/13. (S9)
3.00 **Bull** 8/22. (S6)
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **The Sopranos** 7&8/13. (S4)
10.10 **Billions** 3&4/12. (S2)
12.20 PM **Game of Thrones** (S1)
1.25 **Boardwalk Empire** 1/8. Nucky looks to the future as the end of Prohibition looms. **2.30** 2/8. Nucky is knocked back by a some financiers. (S5)
3.35 **The Sopranos** 7/13. Paulie is released from jail. **4.40** 8/13. Furio goes to visit his father in Italy. (S4)
5.45 **Billions** 3/12. Bobby want to buy an NFL franchise. (S2)

9.00 Gangs of London

7 PM
6.50 **Billions** *The Oath:* 4/12. With his case stalling, Chuck develops a new strategy. (S2)
7.55 **Game of Thrones** *The Pointy End:* 8/10. Battle commences as the Lannisters launch their bid for the throne. (S1)

8 PM

9 PM
9.00 **Gangs of London** 7/8. Elliot goes after those who have wronged him, and Shannon continues to lie to her family. (S2)

10 PM
10.15 **Succession** *Lifeboats:* 3/10. The Roy family are forced to confront a series of crises. (S1)
11.30 **Succession** 4/10. The family attend a company gala. (S1)
12.40 AM **Big Little Lies** 3/7. Madeline's issues come to the surface. (S2)
1.40 **Game of Thrones** As 7.55pm.
2.45 **Gomorrah** 12/12. (S2)
3.50 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 12&13/18. (S4)
8.00 **Supergirl** 4/20. (S6)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 6/20. (S6)
1.00 PM **S.W.A.T.** 14&15/18. (S4)
3.00 **Magnum P.I.** 17/20. (S5)
4.00 **MacGyver** 7/13. (S4)
5.00 **DC's Legends of Tomorrow** 1/13. The team members get stranded in 1925. (S7)
6.00 **Stargate Universe** 15/20. Greer is trapped in rubble and left for dead on a desolate planet. (S1)

9.00 Rob Beckett's Smart TV

7 PM
7.00 **Stargate Universe** *Sabotage:* 16/20. The crew are unsettled when the *Destiny* crosses into another galaxy. (S1)

8 PM
8.00 **Flintoff: Lord of the Fries** 6/6. The duo meet Rob's cycling heroes Mark Cavendish and Bradley Wiggins in Liverpool.

9 PM
9.00 **Rob Beckett's Smart TV** With guests Roman Kemp, David Morrissey and Kiell Smith-Bynoe.
9.50 **Strike Back: Vengeance** 2/10. Stonebridge, Scott and the rest of the team need to escape Waabri's lair and get to safety. (S3)

10 PM
10.55 **Karl Pilkington: The Moaning of Life** Karl considers the point of art.
12.00 M'T **The Force: Manchester**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **A League of Their Own** New edition With Luke Littler.
3.00 **Magnum P.I.** 17/20. (S5)
4.00 **MacGyver** 7/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 16/23. The Darklighters send Piper and Leo to the ghostly plane. (S6)
4.00 **Gilmore Girls** 14/22. Jess goes to Rory's for dinner. (S3)
5.00 **Dinner Date**
6.00 **In for a Penny**

6.25 ...the Deathly Hallows Pt II

7 PM
6.25 **FILM Harry Potter and the Deathly Hallows: Part II** Adventure sequel starring Daniel Radcliffe. Harry, Hermione and Ron race to find the last remaining fragments of Voldemort's soul. (2011, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 **Love Island: All Stars** New edition The series continues and the villa is buzzing with surprises as the islanders settle in.

10 PM
10.05 **G'wed** 1/6. Comedy. A teenager goes to live with his grandmother. (S1)
10.40 **Family Guy** 4/20. Peter recreates old films. (S20)
11.05 **Family Guy** 5/20. Stewie and Doug swap murders. (S20)
11.35 **American Dad!** (S17&16)
12.35 AM **Bob's Burgers** (S7&9)
1.35 **The Emily Atack Show**
2.15 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Appendix Man:* Jack dons his well-worn thinking cap to investigate when a man is found hanged.
5.55 **Heartbeat** *Gabriel's Last Stand:* A former MP's shady past catches up with him just as he is planning a retirement.

8.00 Grace

7 PM
6.55 **Heartbeat** *War Stories:* PC Ventress's old commando unit turn up – but the veterans have an old score to settle.

8 PM
8.00 **Grace** *Looking Good Dead:* The detective believes a serial killer might be on the loose after a schoolteacher is found dead in Brighton, and human remains are discovered in a field.

9 PM

10 PM
10.00 **Unforgotten** 5/6. Cassie and Sunny interview two of the suspects and get close to the truth of what happened to Walsh. (S4)
11.00 **Wire in the Blood** 4/4. Carol contends with a sniper spreading terror throughout Bradfield. (S3)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Repair Shop on the Road** Following efforts to preserve artwork on the walls of Nairn Museum.
8.15 **Money for Nothing** Including a vintage chair and a leather suitcase.
9.00 **Sally Magnusson: Alzheimer's, a Cure and Me** The broadcaster and author decides whether to take part in a groundbreaking study.
10.00 **Pitch Invasion: How the Scottish and Irish Changed Football** 2/3. How players brought aggression and physicality to the English game.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland** Two high-profile murder cases.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S3)
9.15 **The Conners** (S2)
10.10 **Silicon Valley** (S2)
11.20 **Barry** 7&8/8. (S2)
12.35 PM **Entourage** (S4)
1.50 **Silicon Valley** (S2)
3.10 **Barry** 7&8/8. (S2)
4.30 **Ballers** 1&2/10. (S3)
5.50 **The Office (US)** (S6)
6.50 **The Conners** (S2)
7.50 **Ballers** 5/10. Spencer receives some bad news. **8.25** 6/10. Spencer tries to negotiate a peace deal. (S2)
9.00 **Entourage** 3/12. Vince agrees to make an appearance at a party. **9.30** 4/12. Ari shows some interest in Eric's script. (S5)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.00 **Rob Beckett: Wallop**
12.15 AM **Sex and the City**
1.45 **Barry** 7&8/8. (S2)
3.15 **Betty** (S1&2)
4.35 **to 5.00** AM **Sort Of**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Discovering Dance on Film**
7.30 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **The Art of Architecture**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Landscape Artist 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Landscape Artist of the Year: Celebrity Special**
9.00 **Ai Weiwei: Yours Truly** The response to the Chinese artist's exhibition on Alcatraz island.
10.35 **Spielberg** The career of Steven Spielberg.
1.10 AM **Fantastic Mr Murray**
2.10 **Oscar Micheaux: The Superhero of Black Film-Making**
4.00 **Inside Art**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 8/26. (S6)
5.00 **Atlantis** 8/13. (S2)
6.00 **Star Trek: Deep Space Nine** 2/26. (S7)
7.00 **Star Trek: Voyager** *Coda:* 15/26. Janeway and Chakotay crash-land their shuttle. (S3)
8.00 **Hawaii Five-0** (S7)
9.00 **The Rookie** (S2)
11.00 **Britain's Most Evil Killers** Mick Philpott.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.05 **Fletchers' Family Farm**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** New edition
11.05 **The Real Housewives of Beverly Hills**
12.00 NOON **Fletchers' Family Farm**
1.05 PM **Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** Series finale
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **Botched by Nature**
10.00 **Botched** Medical series.
10.55 **Totally Unbelievable**
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 3/8. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 8/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 7-10/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *Money to Burn:* 20/26. Jeff finds himself accused of stealing money. (S1)
10.00 **The New Avengers** *Faces:* 9/13. Prominent figures are being replaced with brainwashed kidnap victims. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

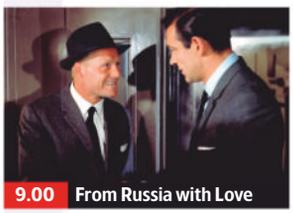
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.10 **The Professionals**
8.15 **The Adventures of Sherlock Holmes** Murder mystery.
9.20 **Magnum, PI**
10.25 **Kojak**
11.30 **BattleBots**
12.30 PM **The Adventures of Sherlock Holmes**
1.35 **Magnum, PI**
2.40 **Kojak**
3.40 **Minder**
4.50 **The Professionals**
5.55 **BattleBots** New edition


9.00 From Russia with Love

7.00 **The Motorbike Show** Henry Cole tours Majorca on a classic bike and begins the restoration of a vintage Harley-Davidson.
8.00 **Junk and Disorderly** Henry Cole works against the clock to restore a so-called belly pump from the 1920s.
9.00 FILM **From Russia with Love** James Bond adventure starring Sean Connery. British secret service agent 007 helps a Russian woman defect from Istanbul. (1963, PG, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **Wrestling: AEW Collision**
1.20 AM **Dark Side of the Ring** New edition Brian Pillman.
2.10 **Auto Mundial**
2.40 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **Motorsport Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 21/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 14/26. (S5)
2.00 **Warehouse 13** 8/13. (S1)
3.00 **Stargate SG-1** 1/20. (S8)
4.00 **Star Trek: Voyager** 13/16. (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 21/22. The *Enterprise* is ambushed by a Ferengi battle-cruiser. (S2)

11.00 Hannibal Rising

7.00 **Warehouse 13** *Implosion:* 8/13. The agents meet a rival artefact seeker while trying to track down a samurai sword. (S1)
8.00 **Stargate SG-1** *New Order – Part One:* 1/20. Carter and Teal'c try to find the Asgard in a bid to cure O'Neill. (S8)
9.00 **The Walking Dead** *Bloodletting:* 2/13. Carl fights for his life after being accidentally shot by a deer hunter. (S2)
10.00 **Grimm** *Game Ogre:* 8/22. A prison escapee comes looking for revenge on those who put him behind bars. (S1)
11.00 FILM **Hannibal Rising** Thriller prequel starring Gaspard Ulliel, Gong Li and Rhys Ifans. (2007, 18, 116min) ★★★
1.15 AM FILM **2-Headed Shark Attack** Action horror starring Carmen Electra and Brooke Hogan. (2012, 15, 88min) ★★
2.55 **Room 104** 5&6/12. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 9/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 9/16. A prominent member of a dating app is found dead. (S2)
6.00 **Father Brown** *The Whistle in the Dark:* The priest intervenes when it appears that a dark spirit has murderous intent.

10.00 Father Brown

7.00 **The Mentalist** *Rhapsody in Red:* 22/24. Members of an orchestra come under suspicion when a violinist is murdered. (S3)
8.00 **White Collar** *Payback:* 14/16. When Neal's old rival kidnaps Peter, he must race against time to save him. (S2)
9.00 **Death in Paradise** *An Unpleasant Homecoming:* 4/8. The father of Naomi's best friend is killed at a wedding. (S12)
10.00 **Father Brown** *The Whistle in the Dark:* Father Brown intervenes when it appears that a dark spirit has murderous intent.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 3/21. A group of teens discover a dead woman behind the wheel of an abandoned car. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.35 AM **Highlights**
9.30 **dinnerladies**
10.05 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.35 **Dad's Army**

9.20 Gavin & Stacey

7.20 **Dad's Army** Sergeant Wilson is appointed manager of the Eastgate branch of the bank.
8.00 **dinnerladies** Tony considers asking Bren to join him on a trip to Spain.
8.40 **Miranda** Miranda tries to do something for a good cause – but her attempts do not go to plan.
9.20 **Gavin & Stacey** Smithy goes missing following Nessa's revelation.
10.00 **The Royle Family** The family drag themselves away from the TV to eat a hearty lunch.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.35 AM **The Royle Family**
1.15 **Miranda** As 8.40pm.
1.55 **Gavin & Stacey** As 9.20pm.
2.25 **The Royle Family** As 10pm.
2.55 **Last of the Summer Wine**
3.30 **to 4.00** AM **Miranda**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers**
2.00 PM **Our Guy in China**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** Si and Dave sample chicken the French way.
6.00 **Rick Stein's Cornwall** Rick explores the post-war modern art movement in St Ives. **6.30** Rick visits a spot thought to have been visited by Jesus.

7.40 House of Games

7.00 **QI** With guests Doon Mackichan, Jimmy Carr and Dara O Briain.
7.40 **Richard Osman's House of Games** Guests include Marcus Brigstocke, Sindhu Vee and Tom Rosenthal. **8.20** With Ronni Ancona, Nathan Caton, Colin Murray and Sally Phillips.
9.00 **QI** Host Sandi Toksvig has a testing time with panellists Susan Calman, Josh Widdicombe, Maisie Adam and Alan Davies.
10.00 **Have I Got a Bit More News for You** Katherine Ryan hosts the quiz, with guests Richard Osman and Desiree Burch.
11.00 **8 Out of 10 Cats**
11.40 **Mock the Week**
1.00 AM **QI** As 7.00pm.
1.40 **Survivor South Africa**
2.45 **Richard Ayoade's Question Team** With James Acaster.
3.35 **to 4.00** AM **Travel Man: 48 Hours in Dubrovnik**

+1 hour 211/212 327 74

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 16-18/24. (S8)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Grand Designs**
8.00 **Jamie's £1 Wonders & Money-Saving Meals** Jamie Oliver shares a £1 spaghetti frittata.
9.00 **The Great Pottery Throw Down** 2/10. The potters are challenged to create a statement mantelpiece clock.
10.15 **24 Hours in Police Custody: The Norfolk Narco Cartel** A major police operation leads to the seizure of drugs worth over £1.5million
11.30 **Celebrity Gogglebox**
12.35 AM **24 Hours in A&E**
1.40 **Manhunt** True-crime.
2.40 **Kirstie and Phil's Love It or List It**
3.45 **to 4.45** AM **Celebrity Hunted**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 8-10/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Reunion:* 2/24. Gibbs and his team investigate the bizarre death of a Marine. **7.00** *The Inside Man:* 3/24. A blogger who accused the NCIS of a cover-up is found dead. **8.00** *Good Cop, Bad Cop:* 4/24. A Marine with a link to Ziva is found dead. (S7)
9.00 **Criminal Minds** *Rock Creek Park:* 18/23. A congressman's wife is held to ransom. (S10)
10.00 **Law & Order: Special Victims Unit** *Wannabe:* 23/24. A rookie cop apprehends and attacks a suspected rapist. (S11)
11.00 **Law & Order: Special Victims Unit** (S11 &24)
2.50 AM **Law & Order** (S20)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly Australia**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** Medical series.
9.00 **Sleeping with My Murderer** The story of Suzanne Van Hagen.
10.00 **Police: Suspect No 1**
11.00 **Skin A&E**
12.00 M'T **Making a Serial Killer** Stewart Weldon.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Outback Truckers**
10.30 **Traffic Cops**
11.30 **Police Interceptors**
12.30 PM FILM **The Kid from Texas** Western. (1949, U, 78min) ★★
2.10 FILM **Man Without a Star** Western. (1955, PG, 89min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Beacon 23** New episodes *Why Can't We Go on as Three?* 3/8. Aster and Halan prepare for Coley's arrival. **11.00** *God in the Machine:* 4/8. Sophie gets a visit from Milan Aleph. (S1)
12.00 M'T **Police: Night Shift 999** Documentary.
1.00 AM **Police Interceptors**
2.00 **to 4.00** AM **Trucking Heavy**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build Ireland** Double bill.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build Ireland** Double bill.
8.00 **Pete Wicks: For Dogs' Sake** Pete meets a litter of puppies.
9.00 **Katherine Ryan: Parental Guidance** The comedian visits YouTube sensations, The Marsh Family.
10.00 **999 Rescue Squad** The start of the new school term leads to a spate of stabbings.
11.00 **Death at the Mansion: Rebecca Zahau**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **MasterChef Canada**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 5/6. (S2)
9.00 **The Alienist** New episode *Psychopathia Sexualis:* 8/10. Kreizler and Moore's investigation takes them to Washington, DC, while Sara loses her way and goes rogue. (S1)
10.00 **New Tricks**
11.20 **Bergerac**
12.30 AM **Atlantic Crossing**
1.40 **Case Histories**
2.55 **to 4.00** AM **Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Margate.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House**
6.00 **Celebrity Yorkshire Auction House** With TV icon Anneka Rice.
7.00 **Antiques Road Trip**
9.00 **Body Bizarre** New edition A teenage boy suffering from epidermolysis bullosa. **10.00** A man suffering from a rare bone eating disease shares his story.
11.00 **The Bad Foot Clinic** Podiatrist Marion solves the mystery of Jonathan's twisted toes.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase** Triple bill.
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes** Game show hosted by Les Dennis.
3.00 **Catchphrase**
4.00 **Blockbusters** Quiz hosted by Simon Mayo.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole** Comedy panel show.
7.00 **Tenable** Quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A family from Lincoln answer questions about top 10 lists.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Game show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **Wild West Chronicles** Western.
8.40 FILM **Bitter Victory** Wartime drama. (1957, b/w, PG, 101 min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Rage at Dawn** Western. (1955, U) ★★
3.00 FILM **Face of a Fugitive** Western. (1958, U) ★★
5.00 FILM **Hellgate** Western. (1952, b/w, PG) ★★
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **The Expatriate** Crime action thriller starring Aaron Eckhart. (2012, 15, 100min) ★★
11.15 FILM **The Shanghai Job** Crime action thriller starring Orlando Bloom. (2017, 15, 95min) ★★
1.15 AM FILM **Miami Magma** Thriller. (2011, 15) ★★
3.10 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Fatal Trust** Thriller. (2016, 12) ★★
10.55 FILM **Killer Contractor** Thriller. (2019, 12) ★★
1.00 PM FILM **Fatal Defense** Thriller. (2017, 12) ★★
3.00 FILM **The Killer Downstairs** Thriller. (2019, 12, 90min) ★
5.00 FILM **10 Year Reunion** Thriller. (2016, PG) ★★
7.05 FILM **Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
9.00 FILM **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
11.30 FILM **Not Another Happy Ending** Drama. (2013, 12, 100min) ★★
1.55 AM FILM **Lost Letter Mysteries: Higher Ground** Crime drama. (2017, PG, 84min) ★★
4.00 **to 6.00** AM FILM **Jane Doe: How to Fire Your Boss** Murder mystery. (2007, PG, 83min) ★★
+1 hour 322

GREAT! romance
319 424 52

8.10 AM FILM **A Midnight Kiss** Drama. (2018, PG) ★★
10.15 FILM **Winter's Dream** Drama. (2018, PG) ★★
12.10 PM FILM **A Winter Princess** Drama. (2019, PG, 82min) ★★
2.00 FILM **The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
3.50 FILM **Love on Iceland** Romantic comedy. (2020, U, 84min) ★★
5.55 FILM **Love Locks** Romantic drama. (2017, PG, 90min) ★★
8.00 FILM **The Way to the Heart** Comedy drama. (2022, PG, 86min) ★★
9.55 FILM **Cooking with Love** Romantic comedy. (2018, PG, 90min) ★★
11.50 FILM **Ms. Matched** Romantic comedy. (2016, PG, 90min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Dating List** (2019) ★★
+1 hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Space 1999** 5/24. (S1)
10.00 **I Dream of Jeannie**
10.30 **Watching** 5/9. (S4)
11.00 **A Fine Romance** (S2)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Fantastic Journey**
1.00 PM **Department S** (S2)
2.00 FILM **Till the Clouds Roll By** (1946, U) ★★
4.30 **Plymouth Rock**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 5/9. (S4)
6.00 **I Dream of Jeannie**
6.30 **Married... With Children**
7.00 **Blue Thunder**
8.00 **The Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Hammer House of Horror** 2/13. (S1)
12.30 AM **Monkey** 1/26. (S1)
1.30 FILM **Till the Clouds...**
4.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** A rookie mistake leaves Captain Bill a deckhand short. **8.00** Strong winds put the *Wizard* on a collision course.
9.00 **Building Off the Grid** A family set out to build an underground home. **10.00** Building a retreat overlooking Tennessee's Ocoee River.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1 hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **James Martin's United Cakes of America** Double bill.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
8.00 **Adam Richman Eats Football**
8.30 **Adam Richman Eats Britain** From Glamorgan.
9.00 **James Martin's Islands to Highlands**
10.00 NEW SERIES **Last Bite Hotel** Challenge series.
11.30 **Diners, Drive-Ins and Dives** Triple bill.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 2/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 18/22. (S2)
11.00 FILM **Meteorites!** Action disaster movie. (1998, PG, 85min) ★
1.00 PM FILM **Western World** Western. (2017, 12, 78min) ★★
2.30 FILM **Monte Walsh** Drama with Tom Selleck. (2002, PG, 95min) ★★
5.00 **Star Trek** 24/24. (S3)
6.00 **T.J. Hooker** 19/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **47 Ronin** Fantasy starring Keanu Reeves. (2011, 12, 119min) ★★
11.15 FILM **The Golem** Horror with Hani Furstenberg. (2018, 15, 95min) ★★
1.10 AM FILM **Blood and Money** Crime thriller. (2020, 15, 89min) ★★
3.00 **to 4.50** AM FILM **Wired Shut** Thriller. (2021, 15, 95min) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **A Study in Terror** As 5.00pm.
8.00 **The Gambler Returns: The Luck of the Draw**
10.00 **Andromeda** (S5)
11.00 FILM **Jurassic Hunters** Thriller with Eric Roberts. (2015, PG, 89min) ★★
1.00 PM **The Gambler Returns: The Luck of the Draw** 2/2.
3.00 **Andromeda** (S5)
4.00 **Star Trek** 9/30. (S1)
5.00 FILM **A Study in Terror** Thriller with John Neville. (1965, 15, 91min) ★★★
7.00 **Farscape** 1/22. (S1)
8.00 **Star Trek** 10/30. (S1)
9.00 FILM **Butterfly on a Wheel** Crime thriller starring Pierce Brosnan. (2007, 15, 95min) ★
10.55 FILM **From the Dark** Horror with Niamh Algar. (2014, 18, 90min) ★★
1.00 **to 3.00** AM FILM **The Disappearance** Thriller. (1977, 15, 102min) ★★
+1 hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Close Encounters Down Under**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Unexplained Files**
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New edition
10.00 **World's Most Unexplained...**
11.00 **Secrets in the Ice**
12.00 M'T **Haunted Hospitals**
1.00 AM **Close Encounters...**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **Nick Knowles' Big House Clearout**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Malta: The Jewel of the Med** Cameras explore Malta's olive groves, and one of the country's stately homes.
9.00 **Portillo's Andalucia** Michael Portillo explores Malaga and Ronda.
10.00 **Inside the Tower of London** It is May 2023, and a coronation concert is staged.
11.00 **Prisoner: Cell Block H** Double bill. (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Nick Knowles' New Year Clearout**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
7.00 **A Place in the Sun** Danni Menzies helps a couple look for a home on Portugal's Algarve.
8.00 **Escape to the Country** A pair of university sweethearts search for a home in North Yorkshire.
9.00 **Good Bones** Karen Laine decides to take on her first solo reno, a rundown bungalow in North Carolina.
10.00 **Home Town** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives** **8.00** New edition
9.00 **You, Me & My Ex** New edition April leans on her husband's ex-wife.
10.00 **Temptation Island**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Temptation Island**
3.00 **Sex Sent Me to the ER**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 11 & 13/25. (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 6&7/21. (S8)
1.00 PM **Friends** (S7)
8.00 **Friends** 20/24. Rachel meets an old friend. **8.30** 21/24. Chandler writes his vows. (S7)
9.00 **Jack Whitehall Live**
10.00 **Jimmy Carr: Making People Laugh**
11.00 **CC Live: Stand Up Shorts** Double bill.
12.00 M'T **Michael McIntyre: Happy & Glorious**
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Reno 911!** (S1)
3.00 **Andy Parsons: Live & Unleashed – But Naturally Cautious**
3.45 **The Pep Talk**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 6&7/22. (S5)
11.00 **Friends** (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 11 & 13/25. (S2)
5.00 **Becker** 6&7/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing** 6/21. Paul is impressed by Kyle's guest sermon. **8.30** 7/21. Mike tries to avoid hurting Vanessa's feelings. (S8)
9.00 **Whose Line Is It Anyway? USA**
10.00 **South Park** (S13)
2.00 AM **The Ricky Gervais Show** Double bill.
3.00 **Guessable?**
3.45 **Bonnaroo Experience**
4.30 **Jimmy Carr in Concert**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **Sun, Sea and A&E** Double bill.
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 8/12. (S4)
6.00 **New Amsterdam** (S5)
7.00 **MacGyver** 15&16/21. (S1)
9.00 **SurrealEstate** *Art and Science:* 5/10. A client becomes trapped. **10.00** *Set Your Flag on Fire:* 6/10. Phil's sister arrives to settle the family will. (S2)
11.00 **For Life** 8/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Triple bill.
10.00 **Catfish: The TV Show**
3.00 PM **Catfish: Teams**
4.00 **Catfish: The TV Show**
7.00 **Catfish: Catch of the Day** Reality series.
8.00 **Teen Mom UK**
9.00 **16 & Recovering** Michelle intervenes when Alex has a major relapse.
10.00 **Caught in the Act: Unfaithful** RJ needs help figuring out if Marisa is committed to getting married.
11.00 **The Challenge: Battle of the Eras** New edition The finalists battle for their chance at a share of one million dollars.
12.30 AM **Ridiculousness** New edition Rob, Steelo and Karrueche Tran take to the trees with 'Human Squirrels'.
1.00 **Ink Master** Double bill.
3.10 **to 4.00** AM **Geordie OGs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Hoffman Family Gold** Todd's crew race to make a profitable final season for Grampa Jack. **4.00** Todd looks for richer paydirt in the Lost Cut.
5.00 **Deadliest Catch**
6.00 **Wheeler Dealers World Tour** The duo aim to build a tribute to Paddy Hopkirk's Mini Cooper.

9.00 Jade Fever

7.00 Salvage Hunters Drew Pritchard finds one of his favourite objects while visiting a sign-writer's business in Portsmouth.

8.00 Kindig Customs After years of planning, Dave celebrates the opening of his passion project, the Kindig Academy.

9.00 Jade Fever Claudia brings in her son to help with the jade prospecting. **9.30** Events at a large jade mining chain.

10.00 Gold Rush: White Water With bedrock still out of reach, the miners turn to the late Fred Hurt to help solve the problem.

11.00 **Gold Divers** A catastrophic storm rips through Nome, devastating the community and leaving it forever changed.
12.00 M'T **Street Outlaws**
1.00 AM **Jade Fever**
2.00 **Gold Rush: White Water**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A tiny pool.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Crikey! It's the Irwins**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** A dog is rushed to the clinic after being hit by a car.
6.00 **Insane Pools: Off the Deep End** Transforming a backyard into a waterpark wonderland.

8.00 Sharks of the Badlands

7.00 Amanda to the Rescue Amanda rescues a three-legged shepherd-mix as part of a road trip rescue mission.

8.00 Sharks of the Badlands Greg Skomal joins Kina Scollay to test new shark-detecting surveillance technology.

9.00 Shark Vortex A look into the arrival of 30 species of shark to the waters of southern New England every summer.

10.00 Alaska: The Last Frontier Reality show following the lives of Alaskan family the Kilchers.

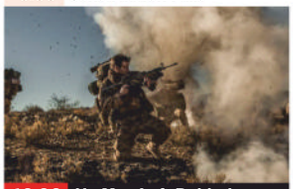
11.00 **The Aquarium** Double bill.
1.00 AM **Alaska: The Last Frontier** Jewel flies in with her son to visit Atz Sr on the Yuletide to celebrate his birthday.
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
8.30 **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Plane Crash Recreated**
2.00 **Air Crash Investigation**
3.00 **Egypt's Lost Wonders: Drain the Oceans** Discoveries found at the bottom of the Nile.
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** Fuzz and Tim restore a 1972 Ford Escort Mexico.
6.00 **Construction Fails**



10.00 No Man Left Behind

7.00 Air Crash Investigation A plane ends up at the wrong end of a runway in fog, leading to a collision that kills eight people.

8.00 Hitler's Death Army: Das Reich Double bill of the documentary about elite German soldiers who perpetrated huge massacres on the Eastern Front in the last year of World War Two.

10.00 No Man Left Behind Chris Ryan tells of how he had to race 200 miles across the desert to evade Iraqi forces.

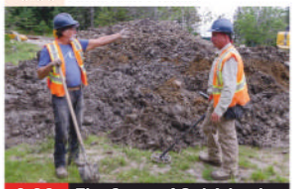
11.00 **Air Crash Investigation** A fatal error in calculating passengers' weight.
12.00 M'T **Situation Critical**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **History's Greatest Aircraft**
7.45 **Ancient Aliens**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Dirty Old Cars**
1.30 **U-Boat Wargamers** A battle that turned the tide of the Atlantic war. **2.45** Donitz unleashed an advanced torpedo.
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers**



9.00 The Curse of Oak Island

7.00 Forged in Fire Four smiths create a deadly Malaysian backcountry tool and weapon – the infamous Parang Nabur.

8.00 History's Greatest Aircraft Series finale Why the Bell UH-1 Huey helicopter is synonymous with the Vietnam War.

9.00 The Curse of Oak Island New edition The Fellowship find evidence that could uncover the legendary flood tunnels.

10.00 NEW SERIES Tales from Oak Island The inspiration of the great chapters in the world's longest-running treasure hunt.

11.00 **The UnBelievable with Dan Aykroyd** The team explore outlandish stories.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **Mountain Men** Jake discovers a gruesome lion kill on the mountain.
3.00 **History's Greatest Aircraft**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The Buildings That Fought Hitler** Documentary.
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The Buildings That Fought Hitler** A defence system.
5.00 **World War Weird**
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Burton Constable Hall.

6.00 Antiques Roadshow

7.00 Great American Railroad Journeys Michael Portillo travels through New Mexico and Arizona, visiting the Grand Canyon.

8.00 Canal Boat Diaries Robbie Cumming gets marooned in the mud before travelling under Spaghetti Junction.

9.00 Great Canal Journeys Timothy and Prunella go into the open sea as they travel through the islands of Scotland's coast

10.00 Bangers & Cash Derek gives the once-over to a Royale Formula Ford race car, and Paul is on a marathon trip to Teesside.

11.00 **Abandoned Engineering** Within a Polish woodland sits a forgotten complex. Also, grand coastal defences in Ghana reveal a tortured past.
12.00 M'T **Great Continental Railway Journeys**
1.00 **to 3.00** AM **Classic Car Garage**

+1 hour 255 329

Wednesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers**
9.00 **Salvage Hunters** New edition Drew takes Viki to snap up a rare Anglepoise lamp.
10.00 **The Repair Shop** A set of grocer's scales, a leather keepsake bag and an ornamental table. **11.00** Items include a 1960s cine-projector and a wicker chair.
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Reality series.
12.00 NOON **Murder Comes to Town** Documentary.
1.00 PM **Evil Lives Here: Shadows of Death**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Kenneth Noye.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Faking It: Tears of a Crime** Documentary.
8.00 **Murder on CCTV**
10.00 **Deadly Women**
11.00 **True Conviction** The murder of a policeman.
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** George Jodoin.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A student nurse swindles thousands from the NHS.
8.00 **Cold Justice** Kelly and Steve team up with the Anderson County Sheriff's Office to solve a quadruple homicide.
9.00 **Forensic Factor** New edition Solving high-profile crimes.
10.00 **Murder by the Sea** New edition Series looking at the deadly tales from the coastlines of the United Kingdom.
11.00 **Descent of a Serial Killer** The case of Cary Stayner, who murdered four women in 1999.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Murder by the Sea**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** Police investigate two potentially related cases. **4.30** Treads and threads enable police to track down a killer. **5.00** Investigators search when the wife of a reputable doctor goes missing. **5.30** A tale in which cattle auctions were tainted by false cheques. **6.00** A postcard could incriminate a religious figure who took part in war crimes. **6.30** The inspection of a woman's skull found in a lake reveals she was brutally butchered.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **What the Killer Did Next** True-crime.
1.00 PM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Real Manhunter**
10.00 **Killing Mum and Dad**
11.00 **How I Caught the Killer**
12.00 M'T **Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **Snapped** Linda Dancer.
3.00 **Brit Cops UK**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the...**
8.35 **Britain on Film with Tony Robinson**
9.40 **My Grandparents' War: Kristin Scott Thomas**
10.40 **Cleopatra: Portrait...**
12.00 NOON **Normandy '44...**
1.00 PM **America the...**
1.35 **Britain on Film with Tony Robinson**
2.40 **My Grandparents' War: Kristin Scott Thomas**
3.40 **Cleopatra: Portrait...**
4.55 **Normandy '44...**
6.00 **America the Bountiful**
6.35 **Britain on Film with Tony Robinson**
7.40 **My Grandparents' War: Kristin Scott Thomas**
8.40 **Cleopatra: Portrait of a Killer** Documentary.
9.55 **Normandy '44: D-Day and the Battle for France**
11.00 **My Grandparents'...**
12.00 M'T **Cleopatra...**
1.15 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: Clint Eastwood**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.00 **Spector** As 8.00pm.
12.00 NOON **On the Line: The Richard Williams Story**
1.50 PM **My Icon: Heather Watson**
2.00 **Pantani: The Accidental Death of a Cyclist**
4.00 **The Directors**
5.00 **Discovering: Clint Eastwood**
6.00 **The Sixties**
7.00 **Last Call: When a Serial Killer Stalked Queer New York**
8.00 **Spector** 3/4. Phil Spector assembles his defence team.
9.00 **Tell Them You Love Me**
11.00 **Anatomy of Lies**
12.00 M'T **Tina** A celebration of Tina Turner's life and career.
2.10 AM **The Ringleader: The Case of the Bling Ring**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Clint Eastwood**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Africa's Wild Year**
10.00 **Island of the Monsoon**
11.00 **Orangutan Jungle School**
12.00 NOON **Into the Wild: Colombia**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Africa's Wild Year**
4.00 **Island of the Monsoon**
5.00 **Valley of Flood and Fire**
6.00 **Into the Wild: Colombia**
7.00 **Monkey Life** Double bill.
8.00 **Extreme Africa** Tanzania's Lake Manyara National Park.
9.00 **Ireland's Wild Islands with Eoin Warner** The magic of Ireland's western islands.
10.00 **Into the Wild: Colombia**
11.00 **Valley of Flood and Fire**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wildest New Zealand**
2.00 **Extreme Africa** As 8.00pm.
3.00 **Ireland's Wild Islands with Eoin Warner** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Africa's Wild Year**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** From Winchester.
2.00 **Secrets of Great British Castles** Warwick Castle.
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Combat Trains**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters**
8.00 **Behind History**
9.00 **The UnBelievable with Dan Aykroyd** Tales of sea beasts.
10.00 **Ancient Aliens**
11.00 **The Secret Nazi Expeditions**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Regency Cheltenham.
3.00 **Secrets of Great British Castles** Cardiff Castle.
4.00 **Weird or What?**
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** True-crime series.
2.00 **Killer USA**
3.00 **Killer Britain with Dermot Murnaghan** Shafilea Ahmed.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Murder By Medic**
9.00 **Green Eyed Killers** New edition Yeardley Love.
10.00 **Buried in the Backyard**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **Green Eyed Killers**
2.00 **Killer USA**
3.00 **Murder By Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Heartland Docs**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Thailand's Wild Cats**
3.00 **Zebras of the Serengeti**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Michelle Oakley prepares animals for the harsh winter ahead. **8.00** Dr Oakley learns how to flip a potbelly big.
9.00 **Something Bit Me** A caregiver needs help after colliding with a toothy aquatic predator.
10.00 **World's Deadliest**
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** Cyril and his team search for the giant Piraiba.
1.00 AM **World's Deadliest Animals**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Egypt's New Tomb Revealed** A coffin unearthed in the Valley of the Kings.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** The team find recent video of a fast-moving UFO, and Nick and Sarah fly to Utah to verify authenticity.
8.00 **Egypt's New Tomb Revealed**
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** Henry makes his way through the first three states on iconic Route 66.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 3/6. Darcey is disturbed by the attentions of her eccentric neighbour, while Gavin's presence in the salon gets on Finn's nerves. (S3)
10.20 **The Bill** *It's Not Such a Bad Job After All:* 5/11. The discovery of the body of a teenager who took their own life leaves a bitter taste in Ackland's mouth. **11.20** *The Drugs Raid:* 6/11. A planned drugs raid goes amiss when an informer of Galloway's is stabbed and the supplier gets away in a car with diplomatic plates. (S1)
12.20 AM **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 166

8.00 AM **Still a Mystery**
9.00 **Swamp Murders**
11.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
1.00 PM **I'd Kill for You**
3.00 **Who the (Bleep) Did I Marry?**
5.00 **True Crime with Aphrodite Jones** Double bill of editions.
7.00 **Homicide City: Charlotte** The disappearance of 18-year-old Harmahn Smith. **8.00** Focusing on the disappearance of insurance auditor Sallie Rohrbach.
9.00 **Hostage 911** When a 10-year-old girl reports being held hostage by a family friend, negotiator Mike Newlin must earn the suspect's trust.
10.00 **High Speed Chase** In Florida, a boat thief runs from the law.
11.00 **Homicide Hunter: Devil in the Mountains**
1.00 AM **Most Evil**
2.00 **True Crime with Aphrodite Jones** Double bill of editions.
4.00 **to 6.00** AM **Homicide City: Charlotte**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's...**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop** Richard's team work overtime to complete their first big restoration – a 1950s Alvis.
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.30 AM **SuperKlaus** As 5.20am.
8.05 **Christmas Eve in Miller's Point** As shown at 3.25am.
10.05 **Twilight of the Warriors: Walled In** Action thriller. (2024, 15, 126min) ★★★
12.25 PM **Slingshot** As 1.25am.
2.25 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
4.05 **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★

8.00 A Quiet Place: Day One

8.00 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Godzilla x Kong: The New Empire Fantasy adventure starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
1.25 AM **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
3.25 **Christmas Eve in Miller's Point** Festive comedy drama. (2024, 12, 106min) ★★★★
5.20 **to 6.55** AM **SuperKlaus** Animated family adventure. (2024, PG, 88min)

Sky Cinema Hits

303 403 503 517

7.05 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
9.25 **Days of Thunder** As 4.00am.
11.20 **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★
1.25 PM **Spider-Man 2** Fantasy sequel starring Tobey Maguire. (2004, PG, 127min) ★★★★
3.35 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
5.55 **Godzilla** Thriller remake. (2014, 12, 118min) ★★★

9.55 Ghostbusters: Frozen...

8.00 Godzilla x Kong: The New Empire Fantasy adventure starring Rebecca Hall. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Ghostbusters: Frozen Empire Supernatural comedy sequel starring Paul Rudd and Bill Murray. Three generations of the team join forces to stop a second ice age. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Cloverfield** Offbeat disaster movie starring Lizzy Caplan. (2007, 15, 81min) ★★★
1.30 AM **Arrival** Sci-fi drama. (2016, 12, 116min) ★★★★★
3.30 **The Cinema List: Spectacular Sci-Fi**
4.00 **to 6.10** AM **Days of Thunder** Action drama with Tom Cruise. (1990, 15, 107min) ★★★

Sky Cinema Drama

310 410 510 524

7.15 AM **Burning an Illusion** (1981)
9.10 **Goodbye Bafana** As 3.00am.
11.15 **Summit Fever** As 12.55am.
1.15 PM **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
3.10 **Meet Joe Black** Supernatural romantic drama starring Brad Pitt. (1998, 12, 181min) ★★★★
6.15 **The Great Escaper** Drama starring Michael Caine. (2023, 12, 96min) ★★★★

8.00 **Straight Outta Compton** Biopic of hip-hop group NWA, telling the story of how they redefined the genre with hard-hitting songs about urban life. Stars O'Shea Jackson Jr. (2015, 15, 147min) ★★★
10.40 **A Good Person** Writer/director Zach Braff's drama starring Florence Pugh and Morgan Freeman. A grieving young opioid addict forms a friendship with her would-be father-in-law. (2022, 15, 129min) ★★★★

12.55 AM **Summit Fever** Thriller with Ryan Phillippe. A group of friends try to scale the world's most challenging trio of mountains. (2022, 15, 115min) ★★
3.00 **Goodbye Bafana** Fact-based drama. (2007, 15, 118min) ★★★
5.05 **to 6.50** AM **The Great Escaper**

Sky Cinema Sci-fi/Horror

311 411 511 525

7.05 AM **Mr. Vampire** As 2.15am.
9.00 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
10.40 **Doom** As shown at 4.00am.
12.30 PM **Resident Evil: Retribution** Sci-fi action thriller sequel. (2012, 15, 92min) ★★★
2.20 **Five Nights at Freddy's** Horror thriller. (2023, 15, 109min) ★★
4.20 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★

5.55 **Total Recall** Sci-fi thriller remake starring Colin Farrell, Kate Beckinsale and Jessica Biel. (2012, 12, 113min) ★★★
8.00 **Star Trek Into Darkness** Sci-fi adventure sequel starring Chris Pine and Zachary Quinto. The USS *Enterprise* pursues a rogue Federation officer with a secret past. (2013, 12, 132min) ★★★★
10.15 **Ghost in the Shell** Sci-fi adventure starring Scarlett Johansson and Pilou Asbæk. (2017, 12, 107min) ★★★★

12.15 AM **Arcadian** As 4.20pm.
1.55 **The Cinema List: Sci-Fi**
2.15 **Mr Vampire** Horror comedy. (1985, 15, 96min) ★★★
4.00 **Doom** Sci-fi horror thriller. (2005, 15, 105min) ★★★
5.55 **to 7.35** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.10 AM **Mee-Shee: The Water Giant** As shown at 12.10am.
8.55 **Robo-Dog: Airborne** As 2am.
10.35 **A Tiger's Journey** As 8.20pm.
12.20 PM **Small Soldiers** (1998)
2.20 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
4.00 **The Smurfs** Adventure. (2011, U, 103min) ★★
5.55 **Dungeons & Dragons: Honour Among Thieves** Adventure starring Chris Pine. (2023, 12, 134min) ★★★★

8.20 A Tiger's Journey

8.20 A Tiger's Journey Drama starring Sunny Pawar, Claudia Gerini and Amandeep Singh. In the valleys of the Himalayas, an orphan boy and a Bengal tiger cub head off on an adventure. (2023, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

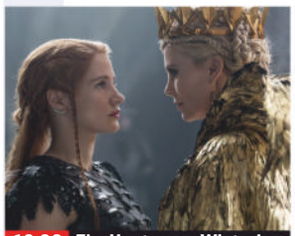
10.05 Small Soldiers Fantasy adventure starring Kirsten Dunst. A toy company launch a new range of deadly action dolls. (1998, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Mee-Shee: The Water Giant** Fantasy adventure. (2005, PG, 94min) ★★★
2.00 **Robo-Dog: Airborne** Family adventure sequel. (2017, U, 88min) ★★★
3.40 **Maya the Bee** Animation. (2014, U, 86min) ★★
5.20 **to 7.15** AM **Mary and the Witch's Flower** Animation. (2017, U, 99min) ★★★

Sky Cinema Stunts

307 407 507 521

7.20 AM **The Cinema List: Bourne**
7.40 **King of Killers** Action thriller. (2023, 15, 92min) ★
9.20 **The Three Musketeers: Milady** Swashbuckling sequel. (2023, 12, 115min) ★★★★
11.20 **Game of Death II** As 2.10am.
1.10 PM **The Bricklayer** (2023)
3.05 **Gran Turismo** Action drama. (2023, 12, 123min) ★★★
5.20 **2012** Epic disaster movie starring John Cusack. (2009, 12, 158min) ★★★


10.00 The Huntsman: Winter's...

8.00 Top Gun Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. With Kelly McGillis, Val Kilmer and Anthony Edwards. (1986, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

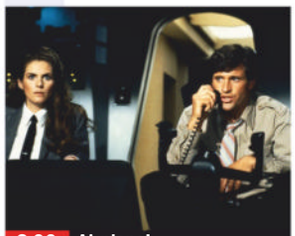
10.00 The Huntsman: Winter's War Fantasy adventure starring Charlize Theron. Two warriors try to conceal their forbidden love as they battle the ice Queen Freya and her sister Ravenna. (2016, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Bricklayer** Thriller. (2023, 15, 110min) ★★
2.10 **Game of Death II** Adventure. (1980, 18, 96min) ★★★
3.50 **Project A, Part II** Adventure. (1987, 15, 94min) ★★★
5.45 **to 8.00** AM **Gods of Egypt** Fantasy. (2016, 12) ★★★

Sky Cinema Comedy

308 408 508 522

6.35 AM **The American Society of Magical Negroes** As 1.00am.
8.35 **Chalet Girl** As 2.50am.
10.20 **The Five-Year Engagement** Comedy. (2012, 15) ★★★
12.30 PM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
2.35 **The Money Pit** Comedy. (1985, 15, 91min) ★★★
4.15 **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
6.00 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★


8.00 Airplane!

8.00 Airplane! Spoof of air-disaster movies, starring Robert Hays, Julie Hagerty, Leslie Nielsen and Lloyd Bridges. (1980, 12, 86min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Airplane II: The Sequel Spoof comedy sequel starring Robert Hays as a pilot at the controls of a disaster-prone moon shuttle. With Lloyd Bridges and Julie Hagerty. (1982, 15, 81min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 Book Club: The Next Chapter Comedy sequel. (2023, 12, 107min) ★★
1.00 AM **The American Society of Magical Negroes** Comedy fantasy starring Justice Smith. (2024, 12, 104min) ★★★★
2.50 **Chalet Girl** Romantic comedy. (2011, 12, 97min) ★★★
4.35 **to 6.15** AM **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15, 93min) ★★★

Sky Cinema Crime

309 409 509 523

6.05 AM **The Cinema List: Thrillers**
6.20 **Force of Nature: The Dry 2** Thriller sequel. (2024, 15) ★★★
8.20 **Breaking** As 4.15am.
10.15 **O Brother, Where Art Thou?** Comedy. (2000, 12) ★★★★
12.05 PM **See No Evil, Hear No Evil** Comedy. (1989, 15) ★★★
1.50 **Bad Boys II** As 10.00pm.
4.20 **Baywatch** Action comedy. (2017, 15, 121min) ★★
6.20 **Drive-Away Dolls** Comedy. (2023, 15, 84min) ★★★

6.20 Drive-Away Dolls

8.00 Boyz N the Hood Oscar-nominated urban drama starring Larry Fishburne and Cuba Gooding Jr as a father and son confronting violence and racism in South Central LA. (1991, 15, 111min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

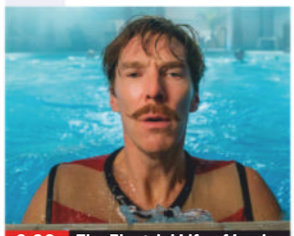
10.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Internal Affairs** Thriller starring Richard Gere, Andy Garcia and Nancy Travis. (1990, 18, 117min) ★★★★
2.30 **Shaft** Thriller with Samuel L Jackson and Vanessa Williams. (2000, 18, 99min) ★★★
4.15 **to 6.05** AM **Breaking** Crime drama starring John Boyega. (2022, 15, 103min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Dead of Night** Cult chiller starring Michael Redgrave. (1945, b/w, PG, 95min) ★★★★
1.10 PM **Von Ryan's Express** World War Two drama. (1965, PG, 117min) ★★★★
3.40 **Robin and Marian** Elegiac drama starring Sean Connery. (1976, PG, 106min) ★★★★★
5.50 **Le Mans '66** Fact-based drama starring Matt Damon. (2019, 12, 152min) ★★★★


9.00 The Electrial Life of Louis...

Le Mans '66 (film started at 5.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 The Electrical Life of Louis Wain Biopic starring Benedict Cumberbatch. Artist Louis Wain rises to prominence at the end of the 19th century for his surreal cat paintings. With Claire Foy, Toby Jones and Andrea Riseborough. (2021, 12, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 Terminator Salvation Sci-fi thriller sequel starring Christian Bale and Sam Worthington. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
1.30 **to 3.40** AM **The Darkest Minds** Thriller with Amandla Stenberg and Mandy Moore. (2018, 12, 104min) ★★

11 PM

+1hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

7.15 AM **Sunset Boulevard** (1950)
9.10 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
11.20 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
2.00 PM **Crouching Tiger, Hidden Dragon** Period adventure. (2000, 12, 120min) ★★★★★
4.00 **War of the Worlds** Steven Spielberg's sci-fi thriller. (2005, 12, 116min) ★★★★

6.00 **Eternal Sunshine of the Spotless Mind** Offbeat comedy with Jim Carrey and Kate Winslet. (2004, 15, 108min) ★★★★★
8.00 **The Truman Show** Comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney. (1997, PG, 99min) ★★★★
10.00 **The Big Lebowski** Offbeat comedy thriller starring Jeff Bridges and John Goodman. (1998, 18, 117min) ★★★★★

12.00 M'T **Blade Runner** Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
2.00 AM **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
4.05 **to 6.00** AM **Sunset Boulevard** Classic melodrama. (1950, b/w, PG, 110min) ★★★★★

Sky Cinema Greats

304 404 504 518

6.40 AM **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
8.50 **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★
10.50 **Out of Africa** Romantic epic. (1985, PG, 162min) ★★★★
1.35 PM **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★
3.35 **Sleepless in Seattle** As 12.10am.

5.35 **Far and Away** Epic romantic drama starring Tom Cruise. (1992, 15, 140min) ★★
8.00 **Alfie** Comedy drama starring Michael Caine as a womanising cockney who finally meets his match. (1966, 15, 114min) ★★★★
10.00 **Ghost** Fantasy thriller starring Patrick Swayze and Demi Moore. (1990, 12, 127min) ★★★★
12.10 AM **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan. (1993, PG, 105min) ★★★★★

2.10 **The Cinema List: British Sky Originals**
2.40 **The Cinema List: Biopic**
3.00 **Birdy** Psychological drama starring Nicolas Cage. (1984, 15, 120min) ★★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.10 AM **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
7.45 **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★★
9.20 **Gnomeo & Juliet** As 5.40pm.
10.55 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
12.35 PM **Rock Dog** Animation. (2016, PG, 90min) ★★★

2.15 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
4.00 **Home** As shown at 10.30pm.
5.40 **Gnomeo & Juliet** Animated comedy featuring the voices of James McAvoy and Emily Blunt. (2011, U, 83min) ★★★
7.15 **Hotel Transylvania** Animated comedy with the voices of Adam Sandler and Andy Samberg. (2012, U, 91min) ★★★★
8.55 **Storks** Animated adventure. (2016, U, 87min) ★★★

10.30 **Home** Animated comedy. (2014, U, 94min) ★★★
12.15 AM **Hotel Transylvania** (2012)
1.55 **Paws of Fury: The Legend of Hank** As shown at 2.15pm.
3.40 **Rock Dog** As 12.35pm.
5.20 **to 6.00** AM **Sky Cinema Preview**

Movies 24

312 419

7.00 AM **A Pinch of Portugal** Drama. (2023, PG, 84min) ★★
9.00 **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
11.00 **Meet Me in New York** Drama. (2022, PG, 90min) ★★
1.00 PM **The Song to My Heart** Romantic drama starring Lanie McAuley. (2022, PG, 85min) ★★
3.00 **A Slice of Chicago Romance** Drama. (2022, PG, 90min) ★★

5.00 **How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
7.00 **The Beauty of Love** Romance starring Katerina Eichenberger. (2021, PG, 90min) ★★
9.00 **A Paris Proposal** Romantic comedy with Alexa PenaVega and Nicholas Bishop. Two work colleagues are mistaken for a couple and must keep up the pretence for a client's benefit. (2023, PG, 84min) ★★
11.00 **The Presence of Love** Drama. (2022, PG, 84min) ★★

1.00 AM **Junebug** Fantasy starring Autumn Reeser and Mila Jones. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.05 **Ticket to Paradise** Romance. (1961, b/w, U, 61min) ★★★
8.20 **Glimpses: Your Voice on the Telephone** An introduction to telephones from the 1950s.
8.30 **One Step Beyond** 1/36. (S3)
9.05 **The Price of Silence** Drama. (1959, b/w, U, 81min) ★★★
10.40 **Champions** Fact-based drama. (1983, PG, 115min) ★★★

12.55 PM **The Promise** Prison drama. (1952, b/w, U, 45min) ★★★
1.55 **The Brothers** 6/13. (S3)
3.00 **The Jackals** Western. (1967, PG, 96min) ★★★
4.50 **The Life and Legend of Wyatt Earp** 24/33. (S1)
5.25 **The Adventures of Jim Bowie**
5.55 **The Texan** 24/37. (S1)
6.30 **The Road to D-Day**
7.00 **Z Cars** 13/31. (S10)
8.00 **Manhunt** 7/26. (S1)
9.05 **Maigret and the Old Lady** (S4)
11.10 **Crime Story** 1/8. (S2)

12.15 AM **Maigret** 12/13. (S3)
1.20 **The Cat Burglar** Drama. (1961, PG, 65min) ★★★
2.40 **Radio Days** Woody Allen comedy starring Mia Farrow. (1987, PG, 87min) ★★★★
4.25 **to 6.00** AM **Port of Escape** Thriller. (1955, b/w, PG) ★★

Wednesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **Big Bash League Adelaide Strikers v Sydney Sixers.** From Adelaide Oval.
11.45 **My Icon** A famous sportsperson.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Recent news.
3.00 LIVE **SA20 Paarl Royals v MI Cape Town.** Coverage of the T20 match staged at Boland Park in Paarl, South Africa.
7.30 LIVE **SPFL Rangers v Aberdeen.** Coverage of the Scottish Premiership match from Ibrox. Aberdeen claimed a 2-1 win when the teams met at Pittodrie in October and have emerged as a threat to the Old Firm's supremacy, but the Gers will be hopeful of taking three points at home. Kick-off **8.00pm**.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News**
4.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the first day's play of the Dubai Desert Classic, staged at Emirates Golf Club in the United Arab Emirates.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** Action from the 2013/14 season.
3.00 **PL Retro** A replay of Arsenal v Manchester United from 1997.
5.00 **The Transfer Show**
5.30 **Premier League Icons** A profile of Welsh forward Gareth Bale.
6.00 **Premier League 100: Dion Dublin** The former Manchester United player's career.
6.30 **Premier League Stories**
7.00 **Gillette Soccer Special** The full story of the evening's football.
10.15 **Premier League Stories**
10.45 **PL Greatest Games** Birmingham City v Aston Villa from 2002.
11.00 **Premier League Years** Action from the 2014/15 season.
1.00 AM **PL Retro** A replay of Chelsea v Liverpool from 2002/03.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Best Moments from the Championship Play-Off Final**
8.30 **Best Moments from the League 1 & 2 Play-Off Final**
9.00 **EFL Greatest Games**
9.30 **SPFL Highlights**
9.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Scottish Premiership Goals**
12.00 NOON **SPFL**
2.00 PM **EFL Highlights**
3.00 **SPFL Highlights**
3.15 **EFL Highlights**
5.00 **SPFL Highlights** Dundee v Celtic in the Scottish Premiership.
5.15 **Bundesliga Legends**
5.20 LIVE **Bundesliga VfL Bochum v St Pauli.** Coverage from Vonovia Ruhrstadion. Kick-off **5.30pm**.
7.30 LIVE **SPFL Rangers v Aberdeen.** Coverage of the Scottish Premiership match from Ibrox. Kick-off is at **8.00pm**.
10.30 **SPFL Highlights** Dundee v Celtic in the Scottish Premiership.
10.45 **EFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2013/14 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **SA20** T20 highlights.
7.00 **The Best of the Big Bash League** Archive action.
7.15 **Women's Big Bash League**
7.25 **Big Bash League**
8.25 LIVE **Big Bash League Adelaide Strikers v Sydney Sixers.** Coverage of the T20 match staged at Adelaide Oval.
11.45 **Big Bash League**
12.45 PM **Blue for Bob** Bob Willis.
1.00 **Best of the Women's World T20**
2.00 **SA20** Action from Durban's Super Giants v Joburg Super Kings.
3.00 LIVE **SA20 Paarl Royals v MI Cape Town.** Coverage of the T20 match staged at Boland Park in Paarl, South Africa.
7.30 **The Best of the Big Bash League** Archive T20 action.
8.00 **Big Bash League**
9.00 **SA20** Durban's Super Giants v Joburg Super Kings.
10.00 Paarl Royals v MI Cape Town at Boland Park in Paarl.
11.00 **Big Bash League**
12.00 M'T **SA20** T20 highlights.
4.30 AM **Big Bash League**
5.30 **Jimmy Anderson's Greatest Spells** Archive bowling action.
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
9.00 **DP World Tour Golf**
10.00 **Solheim Cup Golf**
1.00 PM **TGL** Action from Los Angeles Golf Club V Jupiter Links Golf Club.
3.00 **Solheim Cup Golf**
6.00 **My Ryder Cup**
6.30 **PGA Tour Champions: 2024 Year in Review** Highlights.
7.00 **TGL** Action from Los Angeles Golf Club V Jupiter Links Golf Club.
9.00 **PGA Tour: The Cut**
9.30 **Uncommon: Building a Boston Sports Team**
10.00 **DP World Tour Golf**
11.00 **PGA Tour Champions: 2024 Year in Review** Highlights.
11.30 **Uncommon: Building a Boston Sports Team**
12.00 M'T **PGA Tour: The Cut**
12.30 AM **PGA Tour Golf**
3.00 **DP World Tour Golf**
4.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the featured groups on day one of the Dubai Desert Classic at Emirates Golf Club in the United Arab Emirates. Northern Ireland's Rory McIlroy finished one stroke clear of Poland's Adrian Meronk last season to win the title for the second successive year and the fourth time overall, having taken the honours in 2009 and 2015.

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Isuzu UTE A-League Wellington Phoenix v Sydney FC.** Coverage of the Australian top-flight match at Sky Stadium in Wellington. Kick-off **6.00am**.
8.00 LIVE **A-League Women Sydney FC v Canberra United.** Coverage of the match from Leichhardt Oval. Kick-off **8.00am**.
10.00 **What I Wore** Michael Owen.
10.45 **Serie A** Napoli v Hellas Verona.
11.45 **Premier League**
5.45 PM **What I Wore**
6.15 **Kenny Allstar's Number 1's**
6.30 LIVE **Premier League Arsenal v Tottenham Hotspur.** Coverage of the top-flight match from the Emirates Stadium, as the North London rivals go head to head. Kick-off is at **8.00pm**.
10.45 **Premier League Stories**
11.15 **Kenny Allstar's Number 1's**
11.30 LIVE **Women's T20 Super Smash Otago Sparks v Northern Brave.** Coverage from University of Otago Oval.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM LIVE **T20 Super Smash Otago Volts v Northern Brave.** Coverage of the match from University of Otago Oval.

TNT Sports 2

411 871 528 409 431

5.30 AM LIVE **Women's One-Day International Cricket India v Ireland.** Coverage of the third and final ODI in the series from Niranjan Shah Stadium, Rajkot.
2.15 PM **TNT Sports Cricket Reload**
2.45 **Sign Up – Into Football**
3.30 **Women's Ashes** Australia v England: Highlights of the second ODI at Junction Oval, Melbourne.
5.00 **Isuzu UTE A-League**
6.00 **TNT Sports Reload**
6.30 LIVE **Premier League Everton v Aston Villa.** Coverage of the top-flight match from Goodison Park. Kick-off **7.30pm**.
10.00 **Crouchy and Cole**
10.30 **UFC Countdown**
11.30 **ABB FIA Formula E World Championship Highlights**
12.30 AM LIVE **NBA Philadelphia 76ers v New York Knicks.** Coverage of the Eastern Conference match from Wells Fargo Centre. Tip-off **12.30am**.
3.00 **Serie A – Full Impact**
3.30 **Isuzu UTE A-League**
4.30 **MLB Classic** An All-Star game.
5.00 **UEFA Champions League – Stories of the Finals**
5.30 **to 6.00** AM **Vendee Globe**

TNT Sports 3

417 874 529 410 432

6.45 AM **Women's Ashes**
7.45 **The Edge** Australia v England.
8.15 **SailGP – Racing on the Edge**
8.45 **Premiership Women's Rugby** Exeter Chiefs v Bristol Bears.
9.45 **Fishing: On the Bank**
10.45 **ABB FIA Formula E World Championship Highlights** Action from the second round of the season in Mexico City.
11.45 **MotoGP** Action from the Grand Prix of the Americas.
3.15 PM **Autumn Nations Series** A look back all the action from the 2024 Autumn Nations series.
4.00 **Ultimate Pool** Action from the latest round of the season.
5.30 **The Football's On**
6.30 LIVE **Premier League Newcastle United v Wolverhampton Wanderers.** Coverage of the top-flight game at St James' Park. Kick-off **7.30pm**.
10.00 **The Football's On** A humorous look at the week's football stories with Ian Stone and guests.
11.00 **TNT Sports Reload**
11.30 **SailGP – Racing on the Edge**
12.00 M'T **Premier League** A replay of Arsenal v Tottenham Hotspur.
1.30 **to 6.00** AM **Premier League**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
3.15 **NFL Bitesize Highlights**
5.00 **Kansas City Chiefs: The Franchise** A behind-the-scenes look at the Kansas City Chiefs.
5.30 **NFL Highlights**
5.45 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** The fifth Wild Card play-off.
8.15 The sixth Wild Card play-off.
8.30 The third Wild Card play-off.
8.45 Highlights from the fourth Wild Card play-off.
9.00 The first Wild Card play-off.
9.15 Highlights from the second Wild Card play-off.
9.30 **One Jets Drive** Behind-the-scenes at the New York Jets.
10.15 **NFL Bitesize Highlights**
11.00 **Kansas City Chiefs: The Franchise** Behind-the-scenes.
11.30 **NFL Bitesize Highlights**
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** Action from recent finals.
11.00 **US Open Tennis**
2.00 PM **ATP Tour Classic Matches**
3.00 **US Open Classic Matches**
4.00 **Tennis** Tour highlights.
6.00 **US Open** Action from 2024.
8.00 **On the Line: The Richard Williams Story**
9.45 **Tennis** Tour highlights.
11.45 **US Open Classic Matches**
12.45 AM **Bitesize Tennis**
1.00 **US Open** Highlights.
3.00 **US Open Classic Matches**
4.00 **US Open** The 2010 final.
5.00 **to 6.00** AM **ATP Tour Classic Matches**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **SA20** A look at recent action.
9.00 **Super League Highlights**
10.00 **Fight Night** Highlights.
11.00 **Fight Night International**
12.00 NOON **Big Bash League**
4.05 PM **PGA Tour Golf** Sony Open.
5.00 **ATP Tennis** The Auckland Open.
6.00 **State of Origin Rugby League**
7.00 **Fight Night** Highlights.
8.00 **Top Rank Boxing Archive**
10.00 **The Rugby Championship**
12.00 M'T LIVE **NCAA Basketball Michigan State Spartans v Kansas Jayhawks.** From Breslin Centre. Tip-off **11.00pm**.
2.00 AM **Top Rank Boxing Archive**
3.15 **Super League Highlights**
4.00 **Big Bash League**
5.00 **to 6.00** AM **SA20**

TNT Sports 4

421 876 530 411 434

6.00 AM **Premier League** A replay of Nottingham Forest v Liverpool.
7.30 Brentford v Manchester City.
9.00 Chelsea v Bournemouth.
10.30 West Ham Utd v Fulham.
12.00 NOON **NBA Classic**
1.00 PM **NBA** Pacers v Cavaliers.
2.30 Mavericks v Nuggets.
4.00 Pacers v Cavaliers.
5.30 **SailGP – Racing on the Edge**
6.00 **Premier League Stories**
6.30 LIVE **Premier League Leicester City v Crystal Palace.** Coverage from the King Power Stadium. Kick-off **7.30pm**.
10.00 **Serie A: Full Impact**
10.30 **Women's One-Day International Cricket**
11.30 **What I Wore** Joe Cole.
11.45 **Fight Week** UFC 311 preview.
12.15 AM **Tom Aspinall's Fight Lab**
1.00 **UFC** Dern v Ribas.
4.00 **UFC Countdown**
5.00 **Fight Week** UFC 311 preview.
5.30 **to 6.00** AM **TNT Sports Reload**

Eurosport 1

413 870 521 412 435

5.30 AM LIVE **Australian Open Tennis** Coverage of day four of the opening Grand Slam event of the season, featuring second-round ties at Melbourne Park.
1.00 PM LIVE **Masters Snooker Kyren Wilson v Zhang Anda.** Coverage of match seven in the first round of the tournament staged at Alexandra Palace.
4.30 **Show Jumping** From Basel.
5.30 **Dakar Rally** The ninth stage.
6.30 **Snooker 147s** Si Jiahui.
6.45 LIVE **Masters Snooker Luca Brecel v Chris Wakelin.** The eighth and final match in the first round of the tournament staged at Alexandra Palace in London.
10.30 **Masters Snooker**
11.30 **Dakar Rally** The 10th stage.
12.30 **to 5.30** AM LIVE **Australian Open Tennis** The fifth day of the opening Grand Slam event of the season at Melbourne Park, featuring second-round matches.

Eurosport 2

414 871 522 413 436

5.30 AM LIVE **Australian Open Tennis** Coverage of day four of the opening Grand Slam event of the season, featuring second-round ties at Melbourne Park.
1.00 PM LIVE **Biathlon** Coverage of the World Cup meeting from Ruhpolding, Germany, featuring the men's 20km individual event.
2.50 LIVE **Snowboarding** Coverage of the World Cup meeting from Bad Gastein in Austria, featuring the men's and women's team parallel slalom events.
3.45 **Cross-Country Skiing**
5.55 **Winter Sport** Mikaela Shiffrin.
6.00 **Biathlon** From Ruhpolding.
7.00 **Alpine Skiing** From Flachau.
8.00 **Dakar Rally** The 10th stage.
9.00 **Discovery Golf**
9.30 **Biathlon** From Ruhpolding.
10.30 **Australian Open Tennis**
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Coverage of the fifth day from Melbourne Park.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Recent news.
5.00 **The Transfer Show**
5.30 LIVE **Bundesliga VfL Bochum v St Pauli.** The German top-flight match at Vonovia Ruhrstadion. The teams have not met here since a 2020/21 Bundesliga 2 match. Kick-off is at **5.30pm**.
7.30 LIVE **Bundesliga Bayern Munich v TSG 1899 Hoffenheim.** The German top-flight game at Allianz Arena. Bayern won last season's corresponding fixture 3-0 and will be expecting another victory this evening. Kick-off **7.30pm**.
9.30 **Gillette Soccer Special**
10.15 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1**
2.10 PM **Ted's Notebook**
2.40 **Driven by Us**
2.45 **Formula 1** Another chance to see the 2024 Monaco Grand Prix from Circuit de Monaco.
8.00 **Ted's Notebook** A review of the 2024 Monaco Grand Prix.
8.30 **Formula 1** Monaco Grand Prix.
10.50 **Ferrari x Mescal**
11.00 **Formula 1** Monaco Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Thursday

16 January

Evening Planner

Football

Premier League
TNT Sports 1, kick-off 8pm
Bruno Fernandes and his Manchester Utd team-mates face a Southampton side at the wrong end of the PL table.

Entertainment

A League of Their Own
Sky Max & Sky Showcase, 9pm
Romesh Ranganathan asks the questions as Luke Littler, Alex Brooker and Tom Davis guest on the sports comedy show.

OnDemand

Paramount+

The Crow Girl
Available today
Katherine Kelly (right) stars as a psychiatrist who assists a detective duo on a serial murder case.

OnDemand

prime

Unstoppable
Available today
Drama telling the inspiring true story of Anthony Robles (Jharrel Jerome), who defied the odds to become a wrestling champion.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Traitors		10.00 News; Local News	
	102 BBC2	7.00 Snooker: The Masters – Live		8.00 Digging for Britain		9.00 Miriam Margolyes: Almost Australian		10.00 The Traitors...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight	9.00 Beat the Chasers		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Sandi's Great British Woodland...		9.00 Patience		10.00 Marilyn Manson: Unmasked	
	105 CHANNEL 5	7.00 Will You Get Dementia?		8.00 Majorca: Jewel of the Med		9.00 Britain's Great Cathedrals: To the...		10.00 Stonehenge: The Discovery with...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs NBA Basketball		9.00 A League of Their Own		10.00 Ted	
ENTERTAINMENT	115 BBC3		7.10 Top Gear		8.20 The Simple Life	9.00 Dubai Hustle		10.00 Video Nasty	
	116 BBC4	7.00 Iceberg...	7.30 Through the...	8.00 Snooker: The Masters – Live: Further coverage of the second quarter-final				10.00 Film: The Wooden Horse	
	118 ITV2	◂ 6.25 Film: Fantastic Beasts and Where to Find Them				9.00 Love Island: All Stars		10.05 G'wed	10.40 Family...
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 24 Hours in A&E		10.00 Emergency	
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 FBI: International		10.00 The Good Doctor	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 Lockerbie: A Search for Truth			10.15 The White Lotus
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Unforgotten	
	120 ITV4	◂ 5.00 World Series of Darts: Bahrain Masters – Live: Coverage of day one				9.00 Film: Beverly Hills Cop			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: See No Evil, Hear No Evil			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs Ballet		9.00 A League of Their Own		10.00 Ted	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Far North	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Discovering: Fredric March		9.00 Film: Appointment with Death			
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Kindig Customs		9.00 Sin City Tow		10.00 Impossible Builds	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Guardians of Rescue				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Colossal Machines		9.00 Nazi Megastructures		10.00 Life Below Zero: First Alaskans	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Flipping Bangers		9.00 Mountain Men			
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Bangers & Cash					
	121 SKY DOCS	7.00 Last Call: When a Serial Killer Stalked...		8.00 Spector		9.00 McEnroe			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.00 Godzilla x Kong: The New Empire		8.00 The Fall Guy				10.10 Get Away	
	302 ICONS	◂ 5.55 The Bourne Identity		8.00 Interstellar					
	303 HITS	◂ 6.10 The Beekeeper		8.00 The Fast and the Furious			9.50 2 Fast 2 Furious		
	304 GREATS	◂ 6.00 The Sugarland Express		8.00 The Shawshank Redemption					10.25 Schindler's List
	305 ANIMATION		7.15 Hotel Transylvania 2			8.55 Mr Peabody & Sherman			10.35 Ruby...
	306 FAMILY	◂ 5.50 Goosebumps...	7.30 Twins				9.25 Mary and the Witch's Flower		
	307 STUNTS	◂ 6.00 Top Gun		8.00 Kick-Ass 2			9.55 Sin City		
	308 COMEDY	◂ 6.20 Sixteen Candles		8.00 Shakespeare in Love				10.10 Just Like Heaven	
	309 CRIME	◂ 5.55 Murder by Numbers		8.00 S.W.A.T.				10.00 Shaft	
	310 DRAMA	◂ 6.10 Miss Potter		8.00 The Danish Girl				10.00 Magic Mike's Last Dance	
	311 SCI-FI	◂ 6.00 Voyagers		8.00 Star Trek Beyond					10.15 The Exorcist
	313 FILM4	◂ 6.45 My Best Friend's Wedding				9.00 Oblivion			
SPORT	401 MAIN EVENT	◂ 3.00 SA20 – Live	7.30 EFL – Live: Shrewsbury Town v Wrexham (Kick-off 8.00)						10.30 PGA Tour Golf
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL – Live: Shrewsbury Town v Wrexham (Kick-off 8.00)						10.30 Bundesliga...
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Greatest Spells	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 Premier League – Live: Manchester United v Southampton (Kick-off 8.00)							10.30 Women's Ashes
	411 TNT SPORTS 2	7.00 Premier League – Live: Ipswich Town v Brighton & Hove Albion (Kick-off 7.30)						10.00 The Football's On	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost treasure. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **I Escaped to the Country** Series finale 5/5. Catching-up with a couple who moved to Spain. (S)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition Uncovering a widower's antique collection. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Dragons' Den

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Reiss gets much more than he bargained for, Denise is grateful to Jack, and Ruby feels rattled by Stacey. (S)(AD)

8.00 **Dragons' Den** New edition 2/14. It's make-or-break time as entrepreneurs have one chance to make their dreams come true when they pitch their business idea to five millionaire investors. (S)(AD)

9.00 **The Traitors** New edition 8/12. Following several testing days for the players, the Faithfuls' hunger for Traitors intensifies. (S)(AD)
■ Continues tomorrow.
The Traitors: Uncloaked follows on BBC2

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Northampton to answer questions from an invited audience on subjects that have made the headlines over the past week. (S)
11.40 **Newscast** A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **I Escaped to the Country** (R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Monty Don's British Gardens** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 LIVE **Snooker: The Masters** Hazel Irvine presents coverage of the opening quarter-final on day five from Alexandra Palace. (S)
4.15 **World's Weirdest Events** (S)(R)
5.15 **Flog It!** From Glemham Hall in the Suffolk countryside. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Jasmine Takhar, Harry Aikines-Aryeetey, Ania Magliano and Joe Swash. (S)
6.30 **Joanna Page's Wild Life** New edition 9/15. The actor revisits the fox cubs that came in when she started her training. (S)

8.00 Digging for Britain

7.00 LIVE **Snooker: The Masters** Seema Jaswal introduces coverage of tonight's second quarter-final, played over the best of 11 frames, on day five at the Alexandra Palace. (S)
■ Coverage continues on BBC4

8.00 **Digging for Britain** Series finale 6/6. Cameras focus on the Killerton estate in Devon, where the National Trust is hunting for the remains of a manor house buried somewhere on the grounds. (S)(AD)

9.00 **Miriam Margolyes: Almost Australian** 2/3. On the second leg of her trip, Miriam is intrigued by the Australian concept of 'mateship' and how Australia is the only country in the world to enshrine this in its culture. (S)(R)(AD)

10.00 **The Traitors: Uncloaked** New edition 8/12. Ed Gamble and guests discuss the latest developments. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **The Gunpowder Plot: Lucy Worsley Investigates** (S)(R)(AD)
12.05 AM **Snooker: The Masters – Extra** The opening quarter-final held at Alexandra Palace. (S)
2.05 **Sign Zone: Simon Schama's Story of Us** 1/3. (S)(R)(AD)
3.05 **Sign Zone: 7/7 – The London Bombings** 2/4. (S)(R)(AD)
4.05 **Sign Zone: Gladiators – Celebrity Special** (S)(R)(AD)
5.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Two more of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Angela Scanlon and Brian Conley take part in the game show. (S)(AD)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Matthew takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Beat the Chasers

7.30 **Emmerdale** Wendy's life and career look set to implode, while Ruby faces a struggle. (S)(AD)

8.30 **Tonight: Going Sober – Can We Ditch the Booze?** New edition Toby Winson investigates why a growing number of people are choosing to give up alcohol. (S)

9.00 NEW SERIES **Beat the Chasers** 1/8. Bradley Walsh hosts as contestants Daniel, Rebekah, Raymond, Samuel and Daniella face the six Chasers. (S)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Regional Programmes** See Local Variations. (S)
11.15 **Farewell Doc Martin** After Martin Clunes' last turn as grumpy Portwenn medic Martin Ellingham, cameras follow the *Doc Martin* cast and crew filming its 10th and final series. Narrated by Caroline Catz, better known as the doctor's long-suffering wife, Louisa. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Lingo** Quiz show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 13-15/27. (S9) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** (S11) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Poor weather disrupts the plans of B&B hosts Janey and Sharon. (S)
5.00 **Junior Bake Off** New edition 9/15. On Dessert Day, the bakers take on Ravneet's 'swan-derful' Technical challenge. (S)(AD)
6.00 **A Place in the Sun** New edition Lucy Alexander offers advice to a couple seeking a holiday home in Lower Normandy, France. (S)

8.00 Sandi's Great British Woodland...

7.00 **News** (S)

8.00 **Sandi's Great British Woodland Restoration** New edition 2/3. After a cold winter, Sandi Toksvig's project springs to life as she and wife Debbie start to focus on creating suitable habitats for woodland creatures. (S)(AD)

9.00 **Patience** New episode 4/6. Crime writer Harry Franklin is found dead behind locked doors. He was one of Patience's favourite writers and she is intrigued by his death. (S1) (S)(AD)
■ Entire series on C4 streaming

10.00 **Marilyn Manson: Unmasked** Series finale 3/3. Events in the wake of actor Evan Rachel Wood's testimony to Congress as others make accusations against the musician. (S)(AD)
■ Entire series on C4 streaming
11.05 **24 Hours in Police Custody: The Norfolk Narco Cartel** (S)(R)
12.20 AM **Celebrity Hunted** (S)(R)(AD)
1.15 **Travel Man: 48 Hours in Málaga** With David O'Doherty. (S)(SL)(R)
1.40 FILM **The Shape of Water** Fantasy starring Sally Hawkins and Michael Shannon. (S)(SL)(AD) (2017, 15, 125min) ★★★★★
3.45 **Find It, Fix It, Flog It** (S)(R)
4.05 **Frasier** Four episodes. (S9) (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 FILM PREMIERE **Engaged to Be Murdered** Thriller starring Pascale Hutton and Veronica Long. (S) (2024, U, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Mike and Yvonne share their passion for finding a bargain on their social media channel. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary series following snowplough teams and RAC patrols. (S)(R)
6.55 **News** (S)

7.00 Will You Get Dementia?

7.00 NEW **Will You Get Dementia?** NHS GP Dr Claire Taylor meets patients living with dementia, and scientists working in the field. (S)
7.55 **News** (S)

8.00 **Majorca: Jewel of the Med** Series finale 2/2. Cameras focus on Majorca as a hub for superyachts, and also follow Simon Jones, a former chef who runs a luxury catering company. (S)

9.00 NEW SERIES **Britain's Great Cathedrals: To the Glory of God** 1/2. Reverend Pat Allerton embarks on a personal pilgrimage to unlock the secrets of the UK's most spectacular cathedrals. (S)

10.00 **Stonehenge: The Discovery with Dan Snow** The historian pieces together the story of the ancient monument, revealing how modern discoveries have started to solve its many mysteries. (S)(R)

11.30 **Police Interceptors** (S)(R)
12.35 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.50 **The Wonderful World of Chocolate** The enduring appeal of Dairy Milk. (S)(SL)(R)
4.40 **Great Artists** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 8/13. (S4) (S)(R)
5.00 **The Simpsons** *Homer the Whopper:* Homer is cast as the lead in a superhero movie. (S)(R) **5.30** *Wandering Juvie:* Bart is sent to a juvenile detention centre. With the guest voice of Sarah Michelle Gellar. (S)(R)
6.00 **The Office (US)** 9/26. Jim and Pam go on a double date. (S)(R) **6.30** 10/26. Michael sets up a murder-mystery game to distract the staff. (S6) (S)(R)

8.00 Rob & Romesh vs NBA...

7.00 **The Simpsons** *Pranks and Greens:* Bart befriends a former schoolboy prankster. (S)(R) **7.30** *Rednecks and Broomsticks:* Lisa accepts an invitation to join a Wiccan coven. (S)(R)

8.00 **Rob & Romesh vs NBA Basketball** Rob and Romesh learn about the sport, a journey that takes them from the street courts of Los Angeles to the home of the LA Lakers and the LA Clippers. (S)(R)

9.00 **A League of Their Own** New edition Romesh Ranganathan hosts the comedy quiz as Luke Littler, Tom Davis and Alex Brooker join regulars Micah Richards, Jamie Redknapp and Jill Scott. *See feature, page 12.*

10.00 **Ted** *My Two Dads:* 3/8. Ted and John plan to take revenge on the school bully. (S)(R)(AD) **10.45** *Ejectile Dysfunction:* 4/8. John and Ted go to great lengths to watch their first adult film. (S1) (S)(R)(AD)

11.30 **Veep** 7/10. A would-be assassin breaks into the White House. (S)(R)(AD) **12.10** AM 8/10. Selina catches the flu. (S4) (S)(R)(AD)
12.50 **The Force: Manchester** (S)(R)
1.45 **Brit Cops: Rapid Response** (R)
2.40 **Road Wars** (S)(R)
3.10 **Magnum P.I.** (S5) (S)(R)(AD)
4.05 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30am Animal Park **12.00noon-1.00pm** First Minister's Questions **2.00pm** Homes Under the Hammer **2.45-3.45** Escape to the Country **12.10am** Scotcast **12.40** Weather for the Week Ahead **12.45-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View **11.20** Question Time **12.20am** Newscast **12.50** Weather for the Week Ahead **12.55-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm-12.05am Video Nasty

WALES
Sky 968, Freesat 968
7.00pm Scrum V: The Warm Up **7.30-8.00pm** LIVE Snooker: The Masters

ITV1

As main ITV1 except:
ANGLIA
10.45-11.15pm Anglia Late Edition
BORDER/TYNE TEES
10.45-11.15pm Around the House
LONDON
10.45-11.15pm The Late Debate
CENTRAL
10.45-11.15pm Central Lobby
GRANADA
10.45-11.15pm The Granada Debate
MERIDIAN
10.45-11.15pm The Last Word
WALES
10.45-11.15pm Wales on TV
WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate
YORKSHIRE
10.45-11.15pm Last Orders

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Adre **12.30** Heno **1.00** Ceffylau Cymru **1.30** Gwladfa: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Fets **6.30** Y Ci Perffaith **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion a'r Tywydd **9.00** Sgwrs Dan y Lloer **10.00** Priodas Pum Mil **11.00-11.30pm** Y Ty Gwyrdd

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Press X on the BBC** Steffan Powell chats about forgotten titles.
7.10 **Top Gear** Matt LeBlanc and Chris Harris go on a US road trip in convertible supercars.
8.15 **The Catch Up**
8.20 **The Simple Life** 11/11. Outtakes and interviews. **8.40** 1/16. Paris Hilton and Nicole Richie prepare for their first internship as car mechanics.
9.00 **Dubai Hustle** 3/8. Natasha and Eddie clash over Hamid. **9.30** 4/8. Kerris is given a frosty welcome.
10.00 **Video Nasty** New episodes 3/6. The teens realise that Fangoria Fangirl may not be all she seems. **10.30** 4/6. The teens try to escape from captivity. (S1) ■ Entire series on BBC iPlayer
11.00 **Cuckoo** 3&4/7. (S5)
11.50 **The Fast and the Farmer-ish** The final.
12.50 AM **Top Gear**
1.55 **Press X on the BBC**
2.05 **Dubai Hustle**
3.05 **to 3.55** AM **Cuckoo**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Iceberg: Dangerous Earth** Dr Helen Czerski reveals scientific insights into icebergs.
7.30 **Through the Keyhole with Donald Trump** A peek inside the home of the future US president.
8.00 LIVE **Snooker: The Masters** Seema Jaswal presents further coverage of the second quarter-final of the tournament from Alexandra Palace in London.
10.00 FILM **The Wooden Horse** Fact-based World War Two drama. Allied PoWs in a Nazi camp use a wooden vaulting horse in their ingenious escape plan. Stars Leo Genn, David Tomlinson and Anthony Steel. (1950, b/w, U, 101min) ★★★★
11.40 **War Films: Talking Pictures** The British war films released in the aftermath of World War Two.
12.25 AM **The US and the Holocaust** Documentary.
2.35 **to 3.35** AM **Building Britain's Biggest Nuclear Power Station**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Manchester.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz and Tim take on one of the worst cars they have ever seen – a rusty 1965 Mustang. **6.55** The boys pick up a 1978 JCB digger belonging to a former carpenter.
7.55 **Grand Designs** Kevin McCloud meets Colin and Adele, who are spending £700,000 to build a curved glass family home in the Manchester suburb where they both grew up
9.00 **24 Hours in A&E** Patients include 54-year-old John, who was involved in a cycling accident in which he went over his handlebars and was unconscious for 10 minutes.
10.00 **Emergency** An 18-year-old faces multiple operations to rebuild his leg after crashing his moped, facing a recuperation of anything from six to 12 months.
11.05 **Car S.O.S**
12.05 AM **999: On the Front Line** Documentary.
1.10 **Emergency**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Double bill of the animated comedy.
7.30 **Modern Family** 22/22. The birth of Haley and Dylan's twins approaches. (S10)
8.00 **The Simpsons** *Beware My Cheating Bart:* Bart falls for the wrong girl. **8.30** *A Totally Fun Thing That Bart Will Never Do Again:* Bart persuades his family to go on a cruise.
9.00 **Celebrity Gogglebox** Famous faces review *Casino Royale* and *Naked Attraction*.
10.00 **Gogglebox** Opinions on *Wild Isles, Starstruck, The Apprentice* and *MILF Manor*.
11.05 **First Dates**
12.05 AM **Rick and Morty**
12.35 **Mike Tyson Mysteries** New episodes (S2)
1.05 **Naked Attraction**
2.05 **Celebrity Gogglebox**
3.00 **The Simpsons**
3.50 **Brooklyn Nine-Nine**
4.40 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 8/22. (S6)
12.00 NOON **FBI** 8/22. (S5)
1.00 PM **FBI: International** 8/22. Vo goes undercover. (S2)
2.00 **FBI: Most Wanted** 7/22. The team investigate a shooting at a Buddhist temple. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**

10.00 The Good Doctor

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Protégé:* 12/22. The team investigate the murder of a professional informant. (S5)

9 PM
9.00 **FBI: International** *Black Penguin:* 20/21. The son of an American billionaire is found unresponsive in his Berlin apartment. (S1)

10 PM
10.00 **The Good Doctor** *Faces:* 14/18. Dr Andrews has a difficult request for a grieving family. (S2)
11.00 **The Rookie** 18/20. Nolan discovers he is being sued. (S1)
12.00 M'T **Chicago Fire** 8/13. (S12)
1.00 AM **Chicago PD** 6/13. (S11)
2.00 **Chicago Med** 6/13. (S9)
3.00 **Bull** 9/22. (S6)
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
8.00 **The Sopranos** (S4)
10.10 **Billions** 5&6/12. (S2)
12.20 PM **Game of Thrones** (S1)
1.25 **Boardwalk Empire** (S5)
3.35 **The Sopranos** 9/13. Junior falls down a flight of stairs. **4.40** 10/13. Christopher faces a tough decision. (S4)
5.45 **Billions** 5/12. Chuck, Connerty and Sacker rely on an anxious insider who is prepared to wear a wire. **6.50** 6/12. Axe negotiates with a reluctant seller. (S2)

9.00 Lockerbie: A Search For...

7.55 **Game of Thrones** *Baelor:* 9/10. Ned faces a fateful decision to save Sansa's life, Tyrion is forced onto the battlefield, and Daenerys' power comes under threat. (S1)

9.00 **Lockerbie: A Search for Truth** New episode 3/5. Jim Swire gradually begins to question the official evidence against the suspects. (S1)
10.15 **The White Lotus** *Bull Elephants:* 3/7. Harper tries to be a more pleasant version of herself. (S2)
11.30 **The Time Traveler's Wife** 2/6. Henry and Clare try to reset with a second date, but she still struggles to rectify this Henry with the man she knows. (S1)
12.30 AM **Game of Thrones** (S1)
1.35 **Gomorrah** 1&2/12. (S3)
3.40 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** (S4)
8.00 **Supergirl** 5/20. (S6)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 7/20. (S6)
1.00 PM **S.W.A.T.** 16&17/18. (S4)
3.00 **Magnum P.I.** 18/20. (S5)
4.00 **MacGyver** 8/13. (S4)
5.00 **DC's Legends of Tomorrow** 2/13. Zari becomes obsessed with figuring out who blew up the *Waverider*. (S7)
6.00 **Stargate Universe** 17/20. Strange visions begin to plague the crew members. (S1)

8.00 Rob & Romesh vs Ballet

7.00 **Stargate Universe** *Subversion:* 18/20. Rush decides to use the communication stones to test a theory. (S1)

8.00 **Rob & Romesh vs Ballet** Comedians Rob Beckett and Romesh Ranganathan perform in *Swan Lake*.

9.00 **A League of Their Own** New edition Luke Littler, Tom Davis and Alex Brooker join the regulars. *See feature, page12.*

10.00 **Ted** 3/8. Ted and John plan revenge on bully. **10.45** 4/8. John and Ted try to watch their first adult film. (S1)
11.30 **The Force: Manchester** A man is assaulted by two attackers. **12.30** AM Officers raid a cannabis farm and police are called to a fight in a car park.
1.30 **Brit Cops: Rapid Response**
2.30 **Road Wars**
3.00 **Magnum P.I.** 18/20. (S5)
4.00 **MacGyver** 8/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 17/23. Phoebe attends a school reunion. (S6)
3.55 **Gilmore Girls** 15/22. Trix comes to visit, but causes a major problem for Emily. (S3)
4.55 **Dinner Date**
5.55 **In for a Penny**

10.05 G'wed

6.25 **FILM Fantastic Beasts and Where to Find Them** Fantasy prequel starring Eddie Redmayne. A wizarding Brit arrives in New York with a bagful of magical creatures that cause chaos. (2016, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: All Stars** New edition It may be early days, but the heat is rising as the islanders settle into villa life.

10.05 **G'wed** 2/6. The pupils pair up for a presentation. (S1)
10.40 **Family Guy** 6/20. Stewie fears he has a terminal case of cooties. (S20)
11.05 **Family Guy** 7/20. (S20)
11.35 **American Dad!** (S17&16)
12.35 AM **Bob's Burgers** (S9)
1.35 **Deep Fake Neighbour Wars**
2.00 **World's Funniest Videos**
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *One Man's Meat:* Jack investigates the death of an environmental health officer whose arm has been washed ashore.
5.55 **Heartbeat** *The Fool on the Hill:* A mysterious murder in the village baffles Craddock.

8.00 Vera

6.55 **Heartbeat** *The Traveller:* The villagers close ranks when travellers pass through Aidensfield. Guest stars David Essex.

8.00 **Vera** *Little Lazarus:* DCI Vera Stanhope finds a kindred spirit in the son of a murdered woman and comes to realise the key to the case is hidden deep in his memory.

10.00 **Unforgotten** 6/6. The team analyse suspects as they try to find conclusive proof of who the murder weapon belonged to. (S4)
11.00 **Wire in the Blood** 1/4. An old case is unexpectedly reopened by lawyers, catching Tony Hill off guard. (S4)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **For Peat's Sake** A look at peat-cutting season on the Isle of Lewis.
8.00 **Paramedics on Scene** An Aberdeen crew deal with three alcohol-related calls in one shift.
9.00 **Mrs Brown's Boys** 2/6. Agnes worries her family are too secretive. (S1)
9.30 **Two Doors Down** 2/6. The Bairds end up hosting an impromptu late-night party. (S2)
10.00 **Jules and Greg's Wild Swim** 3/5. Julie and Greg swim with seals off the coast of Lewis. **10.30** 4/5. Swimming on the Isle of Sanday.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Best of Scot Squad** A selection of highlights.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S3)
9.15 **The Conners** (S2)
10.10 **Silicon Valley** (S2)
11.20 **Barry** 1&2/8. (S3)
12.35 PM **Entourage** (S4)
1.45 **Silicon Valley** (S2)
3.00 **Barry** 1&2/8. (S3)
4.20 **Ballers** 3&4/10. (S3)
5.40 **The Office (US)** (S6)
6.40 **The Conners** (S2)
7.40 **Ballers** 7/10. Andre and Spencer's rivalry reaches a new level when Andre makes a visit to the office. **8.20** 8/10. Spencer must keep some of ASM's latest developments on the down low. (S2)
9.00 **Rosie Molloy Gives Up Everything** 3&4/6. (S1)
10.05 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.05 **Veep** 7&8/10. (S4)
12.30 AM **In the Long Run**
1.30 **Flight of the Conchords**
2.55 **Barry** 1&2/8. (S3)
4.20 **to 5.00** AM **Betty**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **André Rieu: Fiesta Mexicana**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the Unexpected**
2.00 **The Art of the Garden**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Landscape Artist 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Discovering**
9.00 **FILM Appointment with Death** Mystery. (1988, PG, 108min) ★
10.55 **Classic Movies: The Story of Brighton Rock**
11.55 **Discovering Sci-Fi on Film**
1.25 AM **JRR Tolkien: Designer of Worlds**
2.40 **Voices of Ireland**
4.00 **Inside Art**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 9/26. (S6)
5.00 **Atlantis** 9/13. (S2)
6.00 **Star Trek: Deep Space Nine** 3/26. (S7)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** (S7)
9.00 **Forensics: Catching the Killer** The murder of teenager Naomi Smith. **10.00** The case of Michelle Gunshon.
11.00 **Killer in My Village**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Fletchers' Family Farm**
9.10 **Million Dollar Listing: LA**
10.05 **Worst to First** Series finale
11.05 **The Real Housewives of Beverly Hills**
12.00 NOON **Fletchers'...**
1.05 PM **Only Way Is Essex**
2.05 **Dinner Date**
3.10 **NEW SERIES Scott's Vacation House Rules**
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** New edition
8.00 **Dinner Date**
9.00 **Botched** Medical series.
10.00 **Botched by Nature**
10.55 **The Real Housewives of Miami** Reality series.
11.55 **Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 4/8. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 1/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 11-14/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *The Ghost Talks:* 21/26. Marty recalls an old case. (S1)
10.00 **The New Avengers** *Gnaws:* 13/13. A growth drug is leaked into the sewer system, leading to an epidemic of giant rats. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Best of the 70s**
6.20 **The Protectors**
6.55 **The Professionals**
7.55 **The Adventures of Sherlock Holmes** Murder mystery.
9.05 **Magnum, PI**
10.05 **Kojak**
11.10 **BattleBots**
12.10 PM **The Adventures of...**
1.20 **Magnum, PI**
2.20 **Kojak**
3.25 **Minder**
4.30 **River Monsters**
5.00 LIVE **World Series of Darts**

9.00 Beverly Hills Cop

7.00 LIVE **World Series of Darts: Bahrain Masters** Ali Drew presents further coverage of day one from Bahrain International Circuit, featuring the first-round matches. Commentary from Dan Dawson, Mark Webster and Mark Wilson.

9.00 FILM **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Two and a Half Men**
12.10 AM **The Adventures of Sherlock Holmes**
1.20 **Minder**
2.20 **Auto Mundial**
2.50 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **Motorsport Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 22/22. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 15/26. (S5)
2.00 **Warehouse 13** 9/13. (S1)
3.00 **Stargate SG-1** 2/20. (S8)
4.00 **Star Trek: Voyager** (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 22/22. Riker succumbs to an alien poison and falls into a coma. (S2)

11.00 Bullet Train Down

7.00 **Warehouse 13** *Duped:* 9/13. Pete joins Myka on a trip to Las Vegas to recover an artefact. (S1)

8.00 **Stargate SG-1** *New Order – Part Two:* 2/20. The Goa'uld threaten to attack Earth. (S8)

9.00 **The Walking Dead** *Save the Last One:* 3/13. Shane is trapped inside a school surrounded by the undead. (S2)

10.00 **Grimm** *Of Mouse and Man:* 9/22. Two magical creatures are connected to a murder. (S1)

11.00 FILM **Bullet Train Down** Action thriller starring Tom Sizemore. On its maiden run, the world's fastest bullet train is rigged with a bomb that will explode if it dips below 200 mph. (2022, PG, 86min) ★★
1.00 AM **True Blood** 1&2/12. (S1)
3.00 **Room 104**
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 10/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 10/16. A 20-year-old crime is repeated on the day the original convict is released from prison. (S2)
6.00 **Father Brown** *The Demise of the Debutante:* A killer strikes at a finishing school.

10.00 Far North

7.00 **The Mentalist** *Strawberries and Cream – Part One:* 23/24. Jane believes Red John is hunting Hightower. (S3)

8.00 **White Collar** *Power Play:* 15/16. Peter and Neal assume each other's identities in a bid to unravel a sinister scheme. (S2)

9.00 **Death in Paradise** *On the Sanctity of Children:* 5/8. Selwyn meets daughter Andrina for the first time. (S12)

10.00 **Far North** New episode 2/6. The stranded crew ration their remaining food and water carefully. (S1)
■ Entire series on U
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 4/21. The team investigate when three assailants invade a home and murder an entire family. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

10.00 The Royle Family

7.20 **Dad's Army** The Home Guard are forced to share the church hall with the ARP wardens.

8.00 **dinnerladies** Petula discovers the dangers of gas in caravans.
8.40 **Miranda** Things look up for Miranda's love life after she finds herself with two dates.
9.20 **Gavin & Stacey** Smithy and Nessa visit the hospital for their first scan.

10.00 **The Royle Family** Barbara and Jim argue over the programme *Changing Rooms*.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda**
11.55 **Gavin & Stacey**
12.35 AM **The Royle Family**
1.15 **Miranda**
1.55 **Gavin & Stacey**
2.25 **The Royle Family**
2.55 **Last of the Summer Wine**
3.25 **to 4.00** AM **Miranda**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers**
2.00 PM **Our Guy in Japan**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** Dave Myers and Si King head to Morocco.
6.00 **Rick Stein's Cornwall** Rick learns about the tale of King Arthur in Tintagel. **6.30** Rick explores the rich history of West Penwith.

11.00 8 Out of 10 Cats

7.00 **QI** With Sean Lock, Bill Bailey and Jo Brand.
7.40 **Richard Osman's House of Games** Marcus Brigstocke, Sindhu Vee, Anna Richardson and Tom Rosenthal take part. **8.20** With Ronni Ancona, Nathan Caton, Colin Murray and Sally Phillips.

9.00 **QI XL** Guests Jo Brand, Guz Khan and Sally Phillips join host Sandi Toksvig and regular panellist Alan Davies.

10.00 **Have I Got a Bit More News for You** Mel Giedroyc hosts the quiz, with Hal Cruttenden and Sathnam Sanghera.
11.00 **8 Out of 10 Cats**
11.50 **Mock the Week**
1.05 AM **QI** As 7.00pm.
1.45 **Survivor South Africa**
2.45 **Richard Ayoade's Question Team** With Stephen Mangan.
3.35 **to 4.00** AM **Travel Man: 48 Hours in Krakow**

+1 hour 211/212 327 74

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 19-21/24. (S8)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Eat Smart: Secrets of the Glucose Goddess** Sophie from Bristol tries some health hacks to try reverse her diabetes.
8.00 **Kirstie and Phil's Love It or List It** The duo help a couple in Hertfordshire.
9.00 **24 Hours in Police Custody: The Norfolk Narco Cartel** A major police operation leads to the seizure of drugs worth over £1.5million.
10.15 **Manhunt** 1/3. Following the work of specialist police as they deal with urgent manhunts.
11.15 **Gogglebox 2023**
1.20 AM **Taskmasterclass**
2.20 **Grand Designs**
4.20 **to 4.50** AM **Food Unwrapped**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 11-13/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Code of Conduct:* 5/24. A prank-loving Marine is found dead on Halloween. **7.00** *Outlaws and In-Laws:* 6/24. Gibbs's mentor is linked to a double murder. **8.00** *Endgame:* 7/24. An assassin threatens Vance's family. (S7)
9.00 **Blue Bloods** *Hold Outs:* 9/22. A homicide case ends in a hung jury. (S6)
10.00 **Law & Order: Special Victims Unit** *Locum:* 1/24. A girl is believed to have been abducted. **11.00** *Bullseye:* 2/24. Benson and Stabler investigate a rape. (S12)
12.00 M'T **Law & Order: Special Victims Unit**
1.50 AM **Criminal Minds**
2.50 **Law & Order** (S20)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** New edition Night-time tasks facing the NHS.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **The Hospital: Life on the Line**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops**
9.35 **Outback Truckers**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.30 PM FILM **Seven Ways from Sundown** Western. (1959, PG, 87min) ★★
2.20 FILM **Young Guns of Texas** Western drama. (1962, U, 84min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Hell**
10.00 **Beacon 23** New episodes *Rocky:* 5/8. Aster makes a discovery. **11.00** *Beacon Twenty Three:* 6/8. A flashback reveals how the rocks first appeared on Beacon 23. (S1)
12.00 M'T **World's Strongest Man** Action from Leeds.
1.00 AM **Police Interceptors**
2.00 **Trucking Heavy**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build Ireland** Double bill.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build Ireland** Renovating a family home in Santry.
7.00 **Pete Wicks: For Dogs' Sake** Pete meets a litter of puppies known as the Potato Pups.
8.00 **Inside the Ambulance** Paramedics treat a pensioner with a head injury and a two-year-old who has suffered a seizure.
9.00 **999 Rescue Squad**
11.00 **Death at the Mansion: Rebecca Zahau**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **MasterChef Canada**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Death Comes to Pemberley** 3/3. Secrets come to light as Wickham's murder trial takes place. (S1)
9.20 **New Tricks** *Ducking and Diving:* The team reopen a murder case from 17 years previously. **10.40** *Nine Lives:* Guest stars Eric Sykes.
12.00 M'T **Bergerac**
1.10 AM **Atlantic Crossing**
2.35 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Destinations of the Damned with Zak Bagans** New edition The team explore remote islands in Singapore and Canada.
10.00 **The Dead Files** New edition Investigating paranormal activity at a museum in Dumfries.
11.00 **Help! My House Is Haunted** A woman fears an evil force is causing her daughter's moods.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase** Triple bill.
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show, hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Quiz show hosted by Warwick Davis.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** A team of wheelchair basketball enthusiasts take part in the quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Game show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **War Machines**
9.20 FILM **Battle of Rogue River** Western. (1954, PG, 100min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **The Walking Hills** Western. (1949, b/w, PG, 78min) ★
2.45 FILM **The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★★★
5.00 FILM **Johnson County War: Part One** Western. (2002, 12, 90min) ★★
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **Reprisal** Thriller. (2018, 15, 91min) ★★
11.00 FILM **Eye for an Eye** Mystery thriller. (2019, 15, 98min) ★
1.05 AM FILM **Ice Twisters** Thriller. (2009, PG) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Second Chances** Mystery. (2010, 12, 90min) ★★
11.00 FILM **Hidden Truth** Thriller. (2016, 12) ★★
1.00 PM FILM **Killing Your Daughter** (2019) ★★
2.55 FILM **The Black Widow Killer** (2018, 12) ★
5.00 FILM **The Nightmare Nanny** Mystery thriller. (2013, PG, 91min) ★
7.10 FILM **Surrogates** Sci-fi conspiracy thriller. (2009, 12, 88min) ★★★★
9.00 FILM **Alien: Covenant** Sci-fi thriller. (2017, 15, 117min) ★★★
11.45 FILM **Escape Plan 2: Hades** Thriller sequel. (2018, 15, 96min) ★★
1.55 AM FILM **Lost Letter Mysteries: The Road Less Travelled** Drama. (2018, U, 72min) ★★
4.00 **to 6.00** AM FILM **Next Stop Murder** Thriller. (2010, PG, 90min) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM FILM **My Boss's Wedding** Drama. (2021, PG, 85min) ★★
10.00 FILM **The Perfect Bride: Wedding Bells** Drama. (2018, U) ★★
11.55 FILM **A Very Country Wedding** Drama. (2019, PG, 90min) ★★
2.00 PM FILM **Cabin Connection** Drama. (2022, PG, 89min) ★★
3.55 FILM **Romance Retreat** Romantic comedy. (2019, PG, 90min) ★★
5.55 FILM **My One and Only** Drama. (2019, PG) ★★
8.00 FILM **Love by Accident** Romantic drama. (2020, PG, 84min) ★★
9.55 FILM **Autumn Dreams** Comedy. (2015, PG) ★★
11.50 FILM **Like Cats and Dogs** Romantic comedy. (2017, PG, 81min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Puppy Love** (2012, U) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Blue Thunder**
10.00 **I Dream of Jeannie**
10.30 **Watching** 6/9. (S4)
11.00 **A Fine Romance** (S2)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **The Charmer**
1.00 PM **Sherlock Holmes**
2.00 FILM **The 39 Steps** Espionage adventure. (1959, U, 93min) ★★★
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 6/9. (S4)
6.00 **I Dream of Jeannie**
6.30 **Thriller** 5/10. (S1)
7.50 **Mysterious Tales**
8.00 **The Charmer** 2/6. (S1)
9.00 **Police Woman** (S1)
10.00 **Chelmsford 123** (S2)
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Thriller** 5/10. (S1)
12.50 AM **Monkey** 2/26. (S1)
1.50 FILM **The 39 Steps**
3.50 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Monte hauls more crab than the *Wizard* can hold. **8.00** Following Alaskan crab fisherman as they brave the Bering Sea.
9.00 **Monsters Inside Me** An outbreak leads to a young boy drowning in his own mucus. **10.00** A mysterious infection brings a tough athlete to his knees.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin's United Cakes of America** Double bill.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
7.00 **The Great British Bake Off** Double bill.
9.00 **James Martin's Islands to Highlands** James and fellow chef Gareth Ward tour mid-Wales.
10.00 **James Martin's United Cakes of America**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 3/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 19/22. (S2)
11.00 FILM **Gold** Adventure. (1974, 12, 124min) ★★
2.00 PM FILM **All Quiet on the Western Front** Remake of the 1930s anti-war drama. (1979, PG, 126min) ★★
4.25 **The Twilight Zone** (S2)
5.00 **Star Trek** 2/30. (S1)
6.00 **T.J. Hooker** 20/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Deadly Target** Action thriller starring Michael Jai White. (2015, 15, 87min) ★★
10.50 FILM **Q & A** Thriller with Nick Nolte. (1990, 18, 132min) ★★★★
1.25 AM FILM **Maniac** Thriller starring Elijah Wood. (2012, 18, 87min) ★★★
3.15 **to 5.00** AM FILM **Bloodthirsty** Horror. (2020, 15, 84min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Super Cyclone**
8.00 **The Gambler Returns: The Luck of the Draw**
10.00 **Farscape** 1/22. (S1)
11.00 FILM **A Study in Terror** Thriller with John Neville. (1965, 15, 91min) ★★★
1.00 PM FILM **Bigfoot** Tongue-in-cheek monster movie. (2012, 12, 89min) ★★
3.00 **Farscape** 1/22. (S1)
4.00 **Star Trek** 10/30. (S1)
5.00 FILM **Super Cyclone** Adventure with Ming-Na. (2012, 12, 90min) ★
7.00 **Farscape** 7/22. (S1)
8.00 **Star Trek** 11/30. (S1)
9.00 FILM **Red Sun** Western with Charles Bronson. (1971, 15, 112min) ★
11.15 FILM **Stake Land II** Horror thriller sequel starring Nick Damici. (2016, 15, 85min) ★★
1.00 **to 3.00** AM FILM **War Pigs** Action adventure. (2015, 15, 88min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters: Pawn Shop Edition**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Legends of the Pharaohs** Tutankhamun.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **In Search of Aliens**
10.00 **UFOs: Lost Evidence**
11.00 **Alien Autopsy: The Search for Answers**
12.00 M'T **Alien Files: Unsealed**
1.00 AM **Alien Corridors**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Nick Knowles' Big House Clearout**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Hatfield House: A Royal Residence** A look at the history of the stately home in Hertfordshire.
9.00 **Elizabeth II & the Traitor King: A Secret Friendship** Documentary telling the story of King Edward VIII.
10.00 **Inside the Tower of London** Documentary.
11.00 **Prisoner: Cell Block H** Double bill. (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Nick Knowles' Big House Clearout**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** Helping a couple search for a retirement property in north Wales.
9.00 **Christina in the Country** Christina helps a couple in Tennessee transform their closed-off Tuscan home.
10.00 **Flipping 101 with Tarek El Moussa** Tarek helps a couple flip a fire-damaged house.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **My 600lb Life** A mother and daughter whose lives are in jeopardy.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **My 600lb Life**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 14&15/25. (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 8&9/21. (S8)
1.00 PM **Friends** (S7&8)
8.30 **Friends** 5/24. Ross is horrified to learn Rachel has a date. (S8)
9.00 FILM **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
11.00 **Mr Bean** 6&8/14. (S1)
12.00 M'T **Michael McIntyre: Showtime** Stand-up.
1.05 AM **Mike Judge's Beavis and Butt-Head**
2.05 **Fin Taylor: Comedy Central Live**
2.35 **Lee Evans Live at Her Majesty's Theatre**
3.45 **The Pep Talk**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 8&9/22. (S5)
11.00 **Friends** 19-22/24. (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** (S2)
5.00 **Becker** 8&9/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing** 8/21. The wedding arrives. **8.30** 9/21. Jen helps Mike with his next vlog. (S8)
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** (S6&7)
1.00 AM **The Ren & Stimpy Show** 8&7/21. (S5)
2.00 **The Roast of Roseanne Barr** Comedy roast.
3.20 **Al Murray: My Gaff, My Rules** Comedy.
4.30 **Jimmy Carr: Stand Up**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **Sun, Sea and A&E** Double bill.
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 9/12. (S4)
6.00 **New Amsterdam** *The Empty Spaces:* 9/13. Max learns a hard truth when taking a chance with Wilder, and Iggy reaches a decision about Martin. (S5)
7.00 **MacGyver** (S1)
9.00 **SurrealEstate** (S2)
11.00 **For Life** 9/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **A League of Their Own** Double bill.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 9/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom: Young & Pregnant** Triple bill.
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Seven editions.
8.00 **MTV Cribs** HRVY's sleek new bachelor pad. **8.30** Exploring the home of Dita Von Teese.
9.00 **Spray Tan Mums: Single and Proud** The lives of a group of single mothers in Liverpool.
10.00 **Jersey Shore Family Vacation** New edition The gang settle in for a summer at the Shore.
11.00 FILM **Chappie** Sci-fi thriller with Dev Patel. Two crooks attempt to use a highly intelligent robot to carry out a heist worth $200million. (2015, 15, 8120min) ★★
1.00 AM **Ink Master**
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** A Kentucky homestead built in a ghost town drowns in floods.
3.00 **Gold Rush** Parker debates going all-in on a claim that could pay out $160 million, while Rick Ness re-emerges.
5.00 **Deadliest Catch** A look at life aboard ship in the Alaskan crab-fishing fleet.

10.00 Impossible Builds

7.00 Salvage Hunters Drew Pritchard's hunt temporarily concludes at a pub filled with quirky antiques in Winchester

8.00 Kindig Customs A 1969 Camaro comes in and the team go all-out on the chassis, engine and every detail.

9.00 Sin City Tow It's New Year's Eve in Vegas and things get wild as Elmer makes a big choice, while Pineapple faces his boss.

10.00 Impossible Builds A property tycoon plans to develop six sand islands near Dubai, transforming them into a holiday resort.

11.00 **Border Control: Europe** The Spanish Civil Guard make a shocking discovery.
11.30 **Border Control: Europe**
12.00 M'T **Street Outlaws**
1.00 AM **Sin City Tow** As 9.00pm.
2.00 **Impossible Builds**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End**
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A jungle oasis.
1.00 PM **Amanda to the Rescue**
2.00 **Expedition Bigfoot**
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Hector and Dr Jeff treat a tribe of fainting goats.
6.00 **Insane Pools: Off the Deep End** A Mexican-style resort.

8.00 Guardians of Rescue

7.00 Amanda to the Rescue Amanda Geise and her family and friends tackle hopeless canine cases in her in-home rehab.

8.00 Guardians of Rescue Dori revisits a homeless veteran, while Marceline and Elle look into a claim about starving horses.

9.00 Guardians of Rescue The Guardians go to Louisiana in the aftermath of floods to help rescue displaced animals.

10.00 Alaska: The Last Frontier Atz Lee and Atz Sr take Jane on a hunt on horseback in the foothills, while Eivin builds a cart.

11.00 **Sharks of the Badlands** Greg Skomal and Kina Scollay test shark detecting technology.
12.00 M'T **Shark Vortex**
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Plane Crash Recreated**
2.00 **Mayday** A Boeing 737 that disintegrated in mid-air.
3.00 **WWI Wrecks: Drain the Oceans** Wreckage of ships from the Battle of Jutland.
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** A 1983 Citroën 2CV.
6.00 **Lost Treasures of Egypt** The reign of Ramses the Great.

8.00 Colossal Machines

7.00 Air Crash Investigation A plane crashes short of the runway in San Andres, and bad weather is thought to be the cause.

8.00 Colossal Machines New edition Catastrophic events often require life-saving machines.

9.00 Nazi Megastructures The German air force during World War Two, exploring an aircraft factory and a torpedo test facility.

10.00 Life Below Zero: First Alaskans New edition The indigenous peoples of Alaska are turning to the values of the past.

11.00 **Air Crash Investigation**
12.00 M'T **Situation Critical**
1.00 AM **Paranatural**
2.00 **Money Meltdown**
2.30 **Made in a Day**
2.55 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **History's Greatest Aircraft**
7.45 **Ancient Aliens**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Dirty Old Cars**
2.00 **Hitler v Churchill: The Eagle and the Lion**
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** Mike and Jersey pick a little shop in Manhattan, while Robbie chases down a brass-era sign.

9.00 Mountain Men

7.00 Forged in Fire In this head-to-head final round, bladesmiths must recreate Butterfly Swords – deadly combat swords.

8.00 Flipping Bangers Car enthusiasts Will and Gus acquire a Land Rover Freelander, once Europe's most popular 4x4.

9.00 Mountain Men New edition Mike takes on the challenge of braving icy waters to catch snow crabs.

10.00 Mountain Men New edition Marty endures a brutal cold snap, testing his resilience and his ability to adapt.

11.00 **Mission Unexplained** A look at the story of US Navy Boatswain Mate Robert Young, who witnessed a green fog in the Bermuda Triangle.
12.00 M'T **Pawn Stars**
2.00 AM **Royal Autopsy**
3.00 **Flipping Bangers** As 8.00pm.
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **Buildings That Fought Hitler**
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Buildings That Fought Hitler**
5.00 **World War Weird** An alternative explanation for the 1947 Roswell UFO sighting.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Caversham Park, Reading.

8.00 Bangers & Cash

7.00 Great American Railroad Journeys Michael Portillo travels through Minneapolis and St Paul.

8.00 Bangers & Cash New edition Paul helps a collector who is saying goodbye to his prized Excelsior Consort.

9.00 Bangers & Cash Derek visits Northumberland to collect a 1975 NSU RO 80, and Jack deals with a Mini Mayfair in a barn.

10.00 Bangers & Cash Derek travels to the Lancashire coast to pick up a rare 1972 Citroen SM, and Dave is on HQ duties.

11.00 **Abandoned Engineering** A complex of stone buildings near Hadrian's Wall that kept away Northern hordes.
12.00 M'T **Great American Railroad Journeys** Michael Portillo travels from St Louis to Jefferson City, Missouri.
1.00 **to 3.00** AM **Classic Car Garage**

+1hour 255 329

Thursday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars** Four editions.
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers**
10.00 **Richard Hammond's Workshop** Richard brings in a business consultant to make the Workshop more efficient.
11.00 **The Repair Shop** The team tackle a faded village war memorial and a one-armed bandit.
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars** Four editions.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Reality series.
12.00 NOON **Murder Comes to Town** True-crime.
1.00 PM **Evil Lives Here**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Faking It: Tears of a Crime** The murders of 10-year-olds Holly Wells and Jessica Chapman.
8.00 **Murder on CCTV**
10.00 **Evil Lives Here**
11.30 **Signs of a Psychopath**
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** An audacious scam cons a group of NHS hospitals out of money.
8.00 **Cold Justice** The team investigate the homicide of a family of four.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **The Hunt for the Chameleon Killer** As police hunt the killer, a tangled web of stolen identities is revealed.
11.00 **Descent of a Serial Killer** A look at the case of Randy Kraft.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **The Hunt for the Chameleon Killer**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** CCTV footage of a murder proves too fuzzy to be of any use. **4.30** Police use video footage and forensic evidence to track a gang. **5.00** A young woman's call girl image is revealed when she goes missing. **5.30** A doctor is accused of assaulting two female patients. **6.00** A gym teacher is shot dead and police suspect his wife. **6.30** The study of tree ring growth helps detectives solve a case.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next**
10.00 **Undercurrent: The Disappearance of Kim Wall** Double bill.
12.30 AM **World's Most Evil Killers** A triple-killer.
1.30 **Snapped** Documentary.
2.30 **Brit Cops UK**
3.30 **Road Wars**
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the...**
8.35 **Britain on Film**
9.50 **My Grandparents' War**
10.50 **The Man Who Destroyed Oscar Wilde**
11.55 **Normandy '44: D-Day and the Battle for France** Documentary.
1.00 PM **America the...**
1.35 **Britain on Film**
2.40 **My Grandparents' War**
3.45 **The Man Who Destroyed Oscar Wilde**
4.55 **Normandy '44: D-Day and the Battle for France** Documentary.
6.00 **America the Bountiful**
6.35 **Britain on Film**
7.40 **My Grandparents' War**
8.50 **The Man Who Destroyed Oscar Wilde**
9.55 **Normandy '44: D-Day and the Battle for France** Documentary.
11.00 **My Grandparents' War**
12.00 M'T **The Man Who Destroyed Oscar Wilde**
1.10 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

THURSDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: Michael Caine**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.00 **Spector** As 8.00pm.
12.00 NOON FILM **The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
2.00 PM **Albert Brooks: Defending My Life**
3.50 **My Icon: Leon McKenzie**
4.00 **The Directors**
5.00 **Discovering: Michael Caine**
6.00 **The Sixties**
7.00 **Last Call: When a Serial Killer Stalked Queer New York**
8.00 **Spector** 4/4. Phil Spector is convicted after a second trial.
9.00 **McEnroe** The story of former tennis star John McEnroe.
11.00 **I Am Paul Walker** A profile of the *Fast and Furious* star.
12.50 AM **Rise of the Superheroes**
3.00 **BS High** Documentary.
5.00 **to 6.00** AM **Discovering: Michael Caine**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Africa's Wild Year**
10.00 **Island of the Monsoon**
11.00 **Orangutan Jungle School**
12.00 NOON **Into the Wild: Colombia**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Africa's Wild Year**
4.00 **Island of the Monsoon**
5.00 **Nature's Mass Attacks**
6.00 **Into the Wild: Colombia**
7.00 **Monkey Life** Double bill.
8.00 **Islands** K'gari in Queensland, formerly known as Fraser Island.
9.00 **A Cheetah's Pride** Inara looks for her kidnapped cubs.
10.00 **Into the Wild: Colombia** A cotton-top tamarin leaves her birth family in search of a mate.
11.00 **Nature's Mass Attacks**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wildest New Zealand**
2.00 **Islands** As 8.00pm.
3.00 **A Cheetah's Pride** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Africa's Wild Year**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Tudor Norwich.
2.00 **Secrets of Great British Castles** Caernarfon Castle.
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters**
8.00 **Egypt's Unexplained Files**
9.00 **Dark Marvels: Killing Machines**
10.00 **Clash of the Gods**
11.00 **Rome's Bloodiest Dynasty: Caesar's Death to the Republic**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Victorian Belfast.
3.00 **Secrets of Great British Castles** York Castle.
4.00 **Weird or What?**
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** True-crime series.
2.00 **Killer USA**
3.00 **Killer Britain with Dermot Murnaghan** Kayleigh Hanks.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Murder By Medic**
9.00 **Cops Gone Bad with Will Mellor** Michael Coulton.
10.00 **Interrogation Raw** New edition
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **Cops Gone Bad with...**
2.00 **Interrogation Raw**
3.00 **Murder By Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Titans of the Sea: A Family Affair** Documentary.
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild New Zealand: Lost Paradise** Documentary.
3.00 **Wild New Zealand: Fur Seals**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley castrates a formerly wild stallion.
8.00 **Alaska Fish Wars** The tides of the Cook Inlet create havoc for the fishermen.
9.00 **Last of the Giants: Wild Fish**
10.00 **Monsters of the Deep**
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** The elusive short-tailed river stingray.
1.00 AM **World's Deadliest Animals**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Nostradamus: The Truth**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** Secret documents lead Myke and Dr Livingston to recordings by the US and Russian Navy.
8.00 **Nostradamus: The Truth** A fresh look at the accuracy of Nostradamus' predictions.
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** Henry's Route 66 journey takes him through Oklahoma, Texas and New Mexico.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 4/6. Finn decides to get Ralfie christened, which dredges up a lot of painful memories for godfather Gavin, who is confronted with his estranged parents. Darcey also encounters a face from the past, while Ruby's relationship with Troy becomes even closer. (S3)
10.20 **The Bill** *A Dangerous Breed:* 7/11. Litten is up for promotion and is desperate to prove his worth to Galloway.
11.20 *Rough in the Afternoon:* 8/11. Litten allows a man to take a car from the police impound that does not belong to him. (S1)
12.20 AM **Pointless** Double bill.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 166

8.00 AM **True Crime with Aphrodite Jones**
9.00 **I'd Kill for You**
11.00 **Who the (Bleep) Did I Marry?**
1.00 PM **The Murder Tapes**
3.00 **Murder Chose Me**
5.00 **The Killer in My Family**
7.00 **Evil Online** The fate of a 33-year-old internet addict who failed to appear at work.
8.00 The case of a family who were besieged with mysterious threats.
9.00 **The Real Story with Maria Elena Salinas** The case of 18-year-old Annette Craver Vail, who went missing in 1984 from Tulsa, Oklahoma.
10.00 **Lethally Blonde** After a secret photo shoot in the Angeles National Forest, young model Kim Pandelios is never heard from again. Twelve years later, the truth finally comes to light.
11.00 **Undercover Underage**
12.00 M'T **I Almost Got Away with It**
2.00 AM **The Killer in My Family**
4.00 **to 6.00** AM **Evil Online**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's...**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop** Richard must come up with a plan to raise some emergency funds.
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.55 AM **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
8.30 **Twilight of the Warriors...**
10.45 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
12.25 PM **Problemista** Comedy. (2024, 15, 104min) ★★★
2.15 **Slingshot** As 3.50am.
4.15 **A Quiet Place: Day One** Horror. (2024, 15) ★★★★
6.00 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★

12.25 Problemista

8.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Get Away Horror comedy starring Nick Frost. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **I.S.S** Sci-fi thriller with Ariana DeBose and Chris Messina. (2023, 15, 95min) ★★★
1.30 AM **Twilight of the Warriors: Walled In** Action thriller. (2024, 15, 126min) ★★★
3.50 **to 6.00** AM **Slingshot** Thriller. (2024, 15, 108min) ★★★

Sky Cinema Hits

303 403 503 517

6.10 AM **Blade Runner** As 4.45am.
8.10 **Arrival** Sci-fi drama. (2016, 12, 116min) ★★★★★
10.15 **Ghostbusters: Frozen Empire** Comedy. (2023, 12) ★★★
12.15 PM **Godzilla** Thriller remake. (2014, 12, 118min) ★★★
2.20 **Godzilla x Kong: The New Empire** Fantasy adventure. (2023, 12, 115min) ★★★
4.15 **San Andreas** As 11.40pm.
6.10 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★

4.15 San Andreas

8.00 The Fast and the Furious Action thriller starring Vin Diesel and Paul Walker. An undercover cop joins a gang of illegal road racers he believes are responsible for a series of truck hijackings. (2001, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 2 Fast 2 Furious Action thriller sequel starring Paul Walker, Tyrese and Cole Hauser. A former cop and his ex-con friend set out to clear their names by going undercover to infiltrate the world of a drugs baron. (2003, 12, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **San Andreas** Disaster movie. (2015, 12, 114min) ★★★
1.35 AM **The Flash** Adventure. (2023, 12, 144min) ★★★
4.00 **Sky Cinema Preview**
4.45 **to 6.45** AM **Blade Runner** Ridley Scott's futuristic thriller. (1982, 15, 130min) ★★★★★

Sky Cinema Drama

310 410 510 524

6.50 AM **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
9.00 **The Young Messiah** Biblical drama. (2016, 12, 111min) ★★
11.05 **A Good Person** Drama. (2022, 15, 129min) ★★★★
1.20 PM **Straight Outta Compton** Biopic of hip-hop group NWA. (2015, 15, 147min) ★★★
4.00 **Safe Haven** Romantic thriller. (2013, 12, 113min) ★★★

6.10 **Miss Potter** Biopic starring Renée Zellweger as children's author Beatrix Potter. (2006, PG, 93min) ★★★
8.00 **The Danish Girl** Period drama starring Eddie Redmayne. An artist in 1920s Copenhagen becomes one of the first people to undergo sex reassignment surgery. (2015, 15, 117min) ★★★
10.00 **Magic Mike's Last Dance** Comedy drama sequel starring Channing Tatum and Salma Hayek. (2023, 15, 112min) ★★★

12.05 AM **Miss Potter** As 6.10pm.
1.55 **The Man with the Answers** Drama. (2021, 12, 80min) ★★★
3.20 **Freud's Last Session** Drama. (2023, 12, 109min) ★★
5.10 **The Cinema List: Biopic**
5.30 **to 7.35** AM **Girl You Know It's True** Biopic. (2023, 15) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.35 AM **The Cinema List: Spectacular Sci-Fi**
7.55 **Resident Evil: The Final Chapter** As 4.05pm.
9.50 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
12.00 NOON **Ghost in the Shell** Sci-fi. (2017, 12, 107min) ★★★★
1.50 PM **Star Trek Into Darkness** Sci-fi adventure sequel. (2013, 12, 132min) ★★★★

4.05 **Resident Evil: The Final Chapter** Action horror sequel. (2016, 15, 107min) ★★★
6.00 **Voyagers** Sci-fi thriller starring Colin Farrell. and Tye Sheridan. (2020, 15, 108min) ★★★
8.00 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
10.15 **The Exorcist** Occult chiller starring Max von Sydow. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★

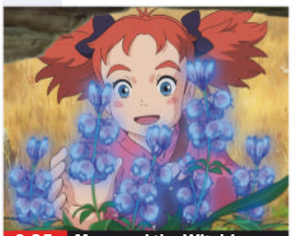
12.30 AM **Riddick** Sci-fi action thriller sequel starring Vin Diesel. (2013, 15, 122min) ★★★
2.40 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
4.20 **to 6.15** AM **Upgrade** Thriller starring Logan Marshall-Green. (2018, 15, 100min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.15 AM **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
9.05 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161min) ★★★★
11.55 **Bicentennial Man** As 2.55am.
2.20 PM **Maya the Bee** As 11.20pm.
4.00 **Angus, Thongs and Perfect Snogging** Teen comedy. (2008, 12, 100min) ★★★★
5.50 **Goosebumps 2: Haunted Halloween** Comedy sequel. (2018, PG, 86min) ★★



9.25 Mary and the Witch's...

7.30 **Twins** Comedy starring Arnold Schwarzenegger and Danny DeVito as unlikely twins conceived as part of an experiment in genetic engineering. (1988, PG, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Mary and the Witch's Flower** Animated adventure featuring the voices of Kate Winslet and Jim Broadbent. A strange flower grants a young girl magic powers. (2017, U, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Maya the Bee** Animation with the voices of Coco Jack Gillies and Kodi Smit-McPhee. (2014, U, 86min) ★★
1.00 AM **Mary and the Witch's Flower** As shown at 9.25pm.
2.55 **Bicentennial Man** Romantic sci-fi drama starring Robin Williams and Sam Neill. (1999, PG, 131min) ★★★
5.20 **to 7.00** AM **The Canterville Ghost** Animated adventure. (2023, PG, 89min) ★★

Sky Cinema Stunts

307 407 507 521

8.00 AM **The Old Way** As 2.35am.
9.50 **Rumble Through the Dark**
11.50 **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
1.50 PM **Project A, Part II** Hong Kong comedy adventure. (1987, 15, 94min) ★★★
3.50 **The Green Hornet** Fantasy comedy starring Seth Rogen. (2011, 12, 118min) ★★★
6.00 **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★

8.00 Kick-Ass 2

8.00 **Kick-Ass 2** Comic-book action thriller sequel starring Aaron Johnson and Chloë Grace Moretz. Costumed crime-fighters Kick-Ass and Hit Girl come under threat from a dead mobster's son. (2013, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

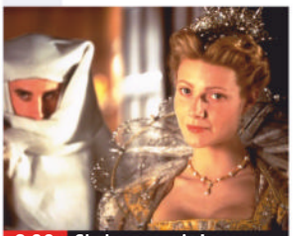
9.55 **Sin City** Film noir thriller starring Bruce Willis, Mickey Rourke and Clive Owen. Three hard-boiled heroes – a veteran cop, an ex-con and a former gumshoe – try to protect or avenge a series of dames in distress. (2005, 18, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Gods of Egypt** Fantasy with Nikolaj Coster-Waldau. (2016, 12, 127min) ★★★
2.35 **The Old Way** Western. (2023, 15, 95min) ★★
4.15 **to 6.20** AM **Rumble Through the Dark** Crime drama. (2023, 15, 116min) ★★★

Sky Cinema Comedy

308 408 508 522

6.15 AM **The Boss** As 2.40pm.
8.00 **Hope Springs** (2012, 12) ★★★
9.50 **Airplane!** (1980, 12) ★★★★★
11.25 **Airplane II: The Sequel** Comedy. (1982, 15) ★★★
1.00 PM **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15) ★★★
2.40 **The Boss** (2015, 15) ★★★
4.25 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
6.20 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★



8.00 Shakespeare in Love

8.00 **Shakespeare in Love** Oscar-winning romantic comedy starring Joseph Fiennes and Gwyneth Paltrow. Struggling playwright William Shakespeare is inspired to write *Romeo and Juliet* by a headstrong young lady who yearns to act. (1998, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Just Like Heaven** Fantasy starring Mark Ruffalo. An architect finds himself sharing an apartment with the ghostly presence of its former occupant. (2005, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Love Again** Romantic comedy. (2023, 12, 100min) ★★★
1.50 AM **What Happens Later** Comedy. (2023, 15) ★★★
3.40 **Relax, I'm from the Future** Comedy. (2023, 15) ★★★
5.25 **to 7.20** AM **The Persian Version** Comedy drama. (2023, 15, 107min) ★★★

Sky Cinema Crime

309 409 509 523

6.05 AM **Drive-Away Dolls** Action comedy. (2023, 15) ★★★
7.35 **See No Evil, Hear No Evil** Comedy. (1989, 15) ★★★
9.30 **Detroit** (2017, 15) ★★★★
11.55 **Boyz N the Hood** Drama. (1991, 15, 111min) ★★★★★
1.55 PM **Reindeer Games** Thriller. (2000, 15, 105min) ★★★★
3.45 **State of Play** Political thriller. (2009, 12, 127min) ★★★★
5.55 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★

5.55 Murder By Numbers

8.00 **S.W.A.T.** Action thriller starring Samuel L Jackson and Colin Farrell. The members of an elite LAPD SWAT team are in the firing line when a drug lord offers $100million to anyone who can spring him from police custody. (2003, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Shaft** Crime thriller inspired by the 1970s screen icon, starring Samuel L Jackson as a streetwise New York cop seeking to bring down the racist killer of a young black student. (2000, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Bad Boys** Action comedy thriller starring Will Smith. (1995, 15, 118min) ★★★
2.00 AM **American Gigolo** Thriller. (1980, 18, 117min) ★★★
4.00 **to 6.00** AM **The Independent** Drama with Jodie Turner-Smith. (2022, 12, 108min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Man from Laramie** Western. (1955, U) ★★★
1.05 PM **Fantastic Voyage** Thriller. (1966, U, 100min) ★★★★
3.10 **Man in the Saddle** Western. (1951, PG, 87min) ★★★
4.55 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
6.45 **My Best Friend's Wedding** Romantic comedy with Julia Roberts and Rupert Everett. (1997, 12, 104min) ★★★★

6.45 My Best Friend's Wedding

My Best Friend's Wedding (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Oblivion** Sci-fi adventure starring Tom Cruise, Olga Kurylenko and Andrea Riseborough. A solitary drone repairman on a post-apocalyptic future Earth discovers that his world isn't what it seems. With Morgan Freeman. (2013, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.25 **London Has Fallen** Thriller sequel to *Olympus Has Fallen*, starring Gerard Butler. The US president and the head of his Secret Service must foil a terrorist attack in London. (2016, 15, 99min) ★★★
1.20 **to 3.40** AM **Brother** Japanese thriller directed by and starring Takeshi Kitano. Subtitled. (2000, 18, 113min) ★★

11 PM

+1hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

6.00 AM **Rear Window** As 5.00am.
7.55 **Crouching Tiger, Hidden Dragon** Period adventure. (2000, 12, 120min) ★★★★★
10.00 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
12.15 PM **War of the Worlds** Steven Spielberg's sci-fi thriller. (2005, 12, 116min) ★★★★
2.20 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
4.05 **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
5.55 **The Bourne Identity** Spy thriller starring Matt Damon. (2002, 12, 119min) ★★★★★
8.00 **Interstellar** Sci-fi drama with Matthew McConaughey, Anne Hathaway and Michael Caine. (2014, 12, 166min) ★★★★
10.50 **Blade Runner** Ridley Scott's futuristic thriller with Harrison Ford and Rutger Hauer. (1982, 15, 130min) ★★★★★
12.50 AM **Pulp Fiction** Quentin Tarantino's black crime comedy. (1994, 18, 154min) ★★★★★
3.25 **Airplane!** Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
5.00 **to 6.55** AM **Rear Window** Thriller. (1954, PG) ★★★★★

Sky Cinema Greats

304 404 504 518

6.15 AM **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★
8.15 **Scent of a Woman** As 3.50am.
11.05 **Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★★★
1.25 PM **Alfie** Classic comedy drama. (1966, 15, 114min) ★★★★
3.30 **Far and Away** Romantic epic starring Tom Cruise and Nicole Kidman. (1992, 15, 140min) ★★
6.00 **The Sugarland Express** Fact-based comedy drama, the feature-film debut of Steven Spielberg, starring Goldie Hawn. (1974, PG, 110min) ★★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.25 **Schindler's List** Steven Spielberg's historical drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. (1993, 15, 195min) ★★★★★
1.40 AM **Birdy** Alan Parker's psychological drama with Nicolas Cage and Matthew Modine. (1984, 15, 120min) ★★★★
3.50 **to 6.35** AM **Scent of a Woman** Coming-of-age drama starring Al Pacino and Chris O'Donnell. (1992, 15, 157min) ★★★★

Sky Cinema Animation

305 412 500 514

6.00 AM **Fireheart** As 1.55am.
7.40 **Storks** Animated adventure. (2016, U, 87min) ★★★
9.15 **PAW Patrol: The Mighty Movie**
10.55 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★
12.40 PM **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
2.20 **Mr Peabody & Sherman** (2014)
4.00 **Ruby Gillman, Teenage Kraken**
5.40 **PAW Patrol: The Mighty Movie** Animated family adventure. (2023, U, 92min) ★★★
7.15 **Hotel Transylvania 2** Animated family comedy sequel. (2015, U, 89min) ★★★
8.55 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
10.35 **Ruby Gillman, Teenage Kraken** Animated coming-of-age fantasy. (2023, PG, 93min) ★★★
12.15 AM **Hotel Transylvania 2** (2015)
1.55 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
3.35 **Rock Dog 2: Rock Around the Park** As shown at 12.40pm.
5.15 **to 6.50** AM **Riverdance: The Animated Adventure** Family animated fantasy. (2021, U, 90min) ★★★

Movies 24

312 419

7.00 AM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
9.00 **The Journey Ahead** Comedy. (2022, PG, 102min) ★★
11.00 **Song & Story: Amazing Grace** Drama. (2021, PG, 120min) ★★
1.00 PM **Fashionably in Love** Romantic comedy drama. (2023, PG, 87min) ★★
3.00 **Love Map** Romantic comedy. (2022, PG, 89min) ★★
5.00 **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
7.00 **Field Day** Romantic comedy drama starring Rachel Boston. (2023, PG, 84min) ★★
9.00 **Destination Love** Romantic comedy starring Anna Hutchison. An event planner arranges her friends' wedding on a New Zealand vineyard, only to end up finding love herself. (2021, PG, 90min) ★★
11.00 **May the Best Wedding Win** Comedy. (2023, PG, 85min) ★★
1.00 AM **A Pinch of Portugal** Drama starring Heather Hemmens. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Blind Date Book Club** Romantic drama with Erin Krakow. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Demobbed** Comedy. (1944, b/w, U, 96min) ★★
7.50 **No Trace** Crime thriller. (1950, b/w, PG, 79min) ★★
9.25 **A Touch of the Sun** Comedy. (1956, b/w, U, 80min) ★★
11.05 **The Spiritualist** Thriller. (1948, b/w, PG, 79min) ★★★
12.45 PM **This Happy Breed** Noël Coward's sentimental saga. (1944, U, 114min) ★★★★
3.00 **Crown Court** Triple bill.
4.30 **Meet Simon Cherry** Mystery. (1949, b/w, PG, 67min) ★★
5.50 **Jassy** Period melodrama starring Margaret Lockwood. (1947, PG, 102min) ★★
7.50 **Look at Life**
8.00 **The Brothers** 5/13. (S5)
9.05 **Up the Chastity Belt** Comedy with Frankie Howerd and Eartha Kitt. (1971, PG, 94min) ★★
10.55 **Town on Trial!** Thriller starring John Mills and Charles Coburn. (1956, b/w, PG, 96min) ★★★
12.55 AM **A Prize of Gold** World War Two adventure starring Richard Widmark. (1955, PG, 94min) ★★
2.50 **The Undercover Man** Thriller. (1949, b/w, PG, 85min) ★★★
4.30 **MR James: The Stalls of Barchester** Ghost story.
5.30 **to 6.00** AM **26 Men**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **LIVE DP World Tour Golf** Coverage of the featured groups on day one of the Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates.
7.30 **LIVE DP World Tour Golf** Further coverage of the opening day of the Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates.
1.30 PM **Lunchtime Live** Latest news.
2.00 **Sports Desk** Sports news.
3.00 **LIVE SA20 Joburg Super Kings v Pretoria Capitals.** Coverage of the T20 match staged at Wanderers Stadium in Johannesburg, South Africa.
7.30 **LIVE EFL Shrewsbury Town v Wrexham.** Coverage of the League One match staged at the Croud Meadow. Kick-off **8.00pm**.
10.30 **LIVE PGA Tour Golf** Coverage of day one of the American Express from PGA West Stadium Course at La Quinta Country Club, California.
12.00 M'T **Sky Sports News**
4.00 **to 6.00** AM **LIVE DP World Tour Golf** Coverage of the featured groups on the second day's play of the Dubai Desert Classic staged at Emirates Golf Club.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** A chance to see Fulham v Manchester United from 2007.
5.00 **The Transfer Show** The latest football transfer developments.
5.30 **Premier League Icons** A profile of Ruud Van Nistelrooy.
6.00 **Premier League 100: Peter Schmeichel** A look at the career of the former goalkeeper.
6.30 **Premier League 100 Club**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Arsenal v Wigan Athletic from 2006.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.45 **EFL Greatest Games**
9.30 **SPFL Highlights**
9.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Celtic's Invincibles**
12.00 NOON **SPFL**
2.00 PM **EFL Highlights**
3.00 **SPFL Highlights**
3.30 **EFL Highlights**
5.30 **SPFL Highlights**
6.00 **Bundesliga Weekly**
6.30 **Bundesliga Highlights Show** A round-up of highlights from the German top flight.
7.30 **LIVE EFL Shrewsbury Town v Wrexham.** Coverage of the League One match at the Croud Meadow. Wrexham claimed a convincing 3-0 win in September's reverse fixture. Kick-off **8.00pm**.
10.30 **Bundesliga Highlights Show** A round-up of highlights from the German top flight.
11.30 **Bundesliga Weekly**
12.00 M'T **Celtic's Invincibles**
1.00 AM **Old Firm Derby Best Goals**
1.30 **Edinburgh Derby Best Goals**
2.00 **SPFL Greatest Games**
5.15 **Craig Brown: My Scotland**
5.45 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **SA20** Recent T20 highlights.
7.00 **Blue for Bob** A Bob Willis tribute.
7.15 **Best of Jimmy Anderson: 500th Wicket** From 2017.
7.25 **Big Bash League** Highlights.
8.25 **LIVE Big Bash League Brisbane Heat v Hobart Hurricanes.** Coverage of the T20 match at Brisbane Cricket Ground.
11.45 **Big Bash League** Highlights.
12.45 PM **Best of the Big Bash League**
1.00 **Women's World T20 Classics**
1.30 **Best of the Women's World T20**
2.00 **SA20** Recent T20 highlights.
3.00 **LIVE SA20 Joburg Super Kings v Pretoria Capitals.** The T20 match at Wanderers Stadium in Johannesburg.
7.30 **Jimmy Anderson's Greatest Spells** Archive action.
7.45 **Blue for Bob** A Bob Willis tribute.
8.00 **Big Bash League**
9.00 **SA20** Recent T20 action.
11.00 **Big Bash League** Highlights.
12.00 M'T **SA20** Recent action.
4.30 AM **Best of England v South Africa** Classic matches.
5.00 **Best of the Big Bash League**
5.30 **Jimmy Anderson's Greatest Spells** Archive action.
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **LIVE DP World Tour Golf** Coverage of the opening day of the Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates. Northern Ireland's Rory McIlroy finished one stroke clear of Poland's Adrian Meronk last season to win the title for the second successive year and the fourth time overall, having taken the honours in 2009 and 2015.
1.30 PM **TGL** Action from Los Angeles Golf Club v Jupiter Links Golf Club.
3.30 **Uncommon: Building a Boston Sports Team**
4.00 **DP World Tour Golf**
4.30 **LIVE PGA Tour Golf** Coverage of the first day of the American Express from PGA West Stadium Course at La Quinta Country Club.
12.00 M'T **DP World Tour Golf**
12.30 AM **PGA Tour Champions Learning Centre**
1.30 **My Ryder Cup**
2.00 **DP World Tour Golf**
2.30 **My Ryder Cup**
3.30 **DP World Tour Golf**
4.00 **to 6.00** AM **LIVE DP World Tour Golf** Day two of the Dubai Desert Classic from Emirates Golf Club in the United Arab Emirates.

TNT Sports 1

410 870 527 408 430

6.45 AM **Women's Ashes** Australia v England from Junction Oval.
8.15 **Women's One-Day International Cricket**
9.15 **TNT Sports Reload**
9.30 **Serie A – Full Impact**
10.00 **Fishing: On the Bank**
11.00 **ABB FIA Formula E World Championship Highlights**
12.00 NOON **Premier League Stories**
12.30 PM **Premier League** A chance to see Arsenal v Tottenham Hotspur. **2.00** Everton v Aston Villa. **3.30** Newcastle United v Wolverhampton Wanderers. **5.00** Another chance to see Leicester City v Crystal Palace.
6.30 **Premier League: Big Interview**
7.00 **LIVE Premier League Manchester United v Southampton.** Coverage of the top-flight match staged at Old Trafford. The reverse fixture in September saw the hosts come away with a 3-0 win which saw a Cameron Archer penalty saved by Andre Onana. Kick-off **8.00pm**.
10.30 PM **to 6.00** AM **LIVE Women's Ashes Australia v England.** Coverage of the third and final ODI in the multi-format series from Ninja Stadium in Hobart.

TNT Sports 2

411 871 528 409 431

6.00 AM **Premier League**
12.00 NOON **Serie A – Full Impact**
12.30 PM **Sign Up – Into Football**
1.15 **TNT Sports Reload**
1.30 **Ultimate Pool** Recent action.
3.00 **Women's One-Day International Cricket**
4.00 **Premiership Women's Rugby** Exeter Chiefs v Bristol Bears.
5.00 **NBA Action** Highlights.
5.30 **SailGP – Racing on the Edge**
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 **LIVE Premier League Ipswich Town v Brighton & Hove Albion.** The top-flight match from Portman Road. Kick-off **7.30pm**.
10.00 **The Football's On**
11.00 **What I Wore** Glenn Hoddle.
11.30 **NBA Action** Highlights.
12.00 M'T **NBA Tip-Off**
12.30 AM **LIVE NBA Oklahoma City Thunder v Cleveland Cavaliers.** Coverage of the inter-conference match from Paycom Centre. Tip-off **12.30am**.
3.00 **LIVE NBA Sacramento Kings v Houston Rockets.** Coverage of the Western Conference match at Golden 1 Centre. Tip-off **3.00am**.
5.30 **to 6.30** AM **Inside the NBA**

TNT Sports 3

417 874 529 410 432

6.00 AM **Allianz Premiership Women's Rugby** Highlights from Exeter Chiefs v Bristol Bears.
7.00 **Serie A** Napoli v Hellas Verona.
8.00 **Isuzu UTE A-League** Perth Glory v Western Sydney Wanderers. **9.00** Action from Wellington Phoenix v Sydney FC.
10.00 **MotoGP** Action from 2024.
5.00 PM **Isuzu UTE A-League**
7.00 **TNT Sports Cricket Reload** India Women v Ireland Women in the third ODI in the series.
7.15 **Women's Ashes** Australia v England in the second ODI in the multi-format series in Melbourne.
8.15 **The Edge** Australia v England.
8.45 **Tom Aspinall's Fight Lab**
9.30 **Fight Week**
10.00 **UFC** Another chance to see Mackenzie Dern v Amanda Ribas.
1.00 AM **LIVE Women's T20 Super Smash Central Hinds v Canterbury Magicians.** Coverage of the match staged at McLean Park in Napier.
4.30 **TNT Sports Cricket Reload**
4.45 **to 6.00** AM **LIVE T20 Super Smash Central Stags v Canterbury Kings.** Coverage from McLean Park in Napier.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
3.15 **NFL Bitesize Highlights**
4.00 **NFL Highlights**
4.15 **NFL Bitesize Highlights**
4.30 **Kansas City Chiefs: The Franchise** Behind the scenes.
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Gameday** A round-up of the latest American football news and results and a look ahead to forthcoming matches.
8.30 **Kansas City Chiefs: The Franchise** Behind the scenes.
9.00 **NFL Hard Knocks: AFC North** Series following the AFC North teams of Baltimore Ravens, Cincinnati Bengals, Cleveland Browns and Pittsburgh Steelers during the regular season.
10.00 **Kansas City Chiefs: The Franchise** Behind-the-scenes.
10.30 **NFL Gameday**
11.00 **NFL Hard Knocks: AFC North**
12.00 M'T **The Insiders**
1.00 AM **NFL Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **ATP Tennis** Brisbane International.
8.00 **WTA Tennis** Adelaide International.
9.00 **ATP Tennis** Hong Kong Open final.
11.00 **US Open** The 2024 semi-finals.
1.00 PM **Grit, Glory & Legacy**
1.45 **Bitesize Tennis** Highlights.
2.00 **ATP Tour Classic Matches**
4.00 **ATP Tennis** Brisbane International.
5.00 **WTA Tennis** Adelaide International.
6.00 **US Open** The 2024 semi-finals.
8.00 **ATP Tennis** Adelaide International.
9.00 **WTA Tennis** Adelaide International.
10.00 **US Open Classic Matches**
11.00 **ATP Tennis** Hong Kong Open.
1.00 AM **US Open** Semi-finals.
3.00 **US Open Classic Matches**
4.00 **to 6.00** AM **ATP Tour Classic Matches**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
12.00 NOON **Big Bash League**
1.00 PM **Big Bash League**
4.05 **SA20** Paarl Royals v MI Cape Town.
5.00 **The Rugby Championship**
7.05 **My Icon** Leon Pryce.
7.15 **Super League Highlights**
8.00 **Top Rank Boxing Archive**
10.00 **The Rugby Championship**
12.05 AM **Big Bash League** Brisbane Heat v Hobart Hurricanes.
1.00 **Super League Highlights**
2.00 **DP World Tour Golf**
3.00 **Big Bash League**
4.00 **SA20** Action from Joburg Super Kings v Pretoria Capitals.
5.00 **to 6.00** AM **US Open Tennis Classic Matches**

TNT Sports 4

421 876 530 411 434

6.00 AM **Ultimate Pool**
7.30 **Autumn Nations Series**
12.30 PM **NBA Originals**
1.00 **NBA** A chance to see Philadelphia 76ers v New York Knicks.
2.30 **NBA Classic** Toronto Raptors v Philadelphia 76ers from 2018/19.
3.30 **NBA** A chance to see Philadelphia 76ers v New York Knicks.
5.00 **NBA Classic** Portland Trail Blazers v Oklahoma City Thunder from the 2018/19 season.
6.00 **NBA Originals** With Larry Bird.
6.30 **NBA** A chance to see Philadelphia 76ers v New York Knicks.
8.00 **Women's One-Day International Cricket**
9.00 **NBA Action** Highlights.
9.30 **NBA** A chance to see Philadelphia 76ers v New York Knicks.
11.00 **TNT Sports Reload**
11.30 **What I Wore** Paul Scholes.
12.00 M'T **Premier League**
3.00 AM **UFC Countdown**
4.00 **to 6.00** AM **Isuzu UTE A-League**

Eurosport 1

413 870 521 412 435

5.30 AM **LIVE Australian Open Tennis** Coverage of day five of the opening Grand Slam event of the season from Melbourne Park, featuring second-round matches.
10.00 **LIVE Australian Open Tennis** Concluding coverage of day five of the opening Grand Slam event.
1.00 PM **LIVE Masters Snooker** The opening quarter-final on day five at Alexandra Palace, London.
4.30 **Dakar Rally** The 10th stage.
5.30 **Masters Snooker** A quarter-final.
6.45 **LIVE Masters Snooker** The second quarter-final on day five.
10.30 **Masters Snooker** Quarter-finals.
11.30 **Dakar Rally** The 11th stage.
12.30 AM **LIVE Australian Open Tennis** Coverage of day six of the opening Grand Slam event.
2.00 **to 5.30** AM **LIVE Australian Open Tennis** Further coverage of day six of the opening Grand Slam event at Melbourne Park, featuring third-round matches.

Eurosport 2

414 871 522 413 436

5.30 AM **LIVE Australian Open Tennis** Coverage of day five of the opening Grand Slam event of the season from Melbourne Park, featuring second-round matches.
1.00 PM **LIVE Biathlon** Coverage of day two of the World Cup meeting in Ruhpolding, Germany, featuring the women's 15km individual event.
2.50 **Biathlon** From Turin, Italy.
4.00 **Australian Open Tennis**
6.00 **Biathlon** From Ruhpolding.
7.00 **Show Jumping** From Basel.
8.00 **Dakar Rally** The 11th stage.
9.00 **Biathlon** From Ruhpolding.
10.00 **Discovery Golf**
10.30 **Australian Open Tennis**
12.30 AM **LIVE Australian Open Tennis** Coverage of day six of the opening Grand Slam event.
2.00 **to 5.30** AM **LIVE Australian Open Tennis** Further coverage of day six of the opening Grand Slam from Melbourne Park, featuring third-round matches.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show** A round-up of all the latest sports news.
12.00 NOON **Transfer Talk** Discussion of the latest transfer news.
1.00 PM **Lunchtime Live** Latest news.
2.00 **Sports Desk** Sports news.
5.00 **The Transfer Show** Analysis of the latest transfer news.
5.30 **Sports Centre**
6.00 **LIVE Golf** Coverage of the opening day of the Latin American Amateur Championship at Pilar Golf in Buenos Aires, Argentina. Santiago de la Fuente of Mexico won this title last year in Panama City, finishing two strokes clear of compatriot Omar Morales.
9.00 **Sky Sports News** A round-up of the latest sports news with live analysis and comment.
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Lewis's Secret Cinema**
12.30 PM **Formula 1** The Canadian Grand Prix qualifying session.
2.30 **Ted's Notebook**
3.00 **Formula 1** A chance to see the 2024 Canadian Grand Prix.
7.15 **Ted's Notebook**
7.45 **Lewis' Mercedes Farewell**
8.00 **Graham Hill: World Champion**
8.30 **Formula 1** Canadian Grand Prix.
10.55 **Alpine in Austin**
11.00 **Formula 1** Canadian Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Friday

17 January

Evening Planner

Action Comedy

Bad Boys: Ride or Die
Sky Premiere, 11.35am & 8pm
Miami cops Mike Lowery (Will Smith) and Marcus Burnett (Martin Lawrence) try to clear the name of their deceased captain.

Documentary

True Crime Presents Murder: The Tattoo Clue
ITV1, 9pm
Officers investigate when a dismembered body is found at a Hull pumping station.

OnDemand

NETFLIX

Back in Action
Available today
Jamie Foxx and Cameron Diaz star as a married couple of former spies, whose covers are blown.

OnDemand

tv+

Severance
Available today
As the thriller returns, Mark (Adam Scott) is left reeling from the revelations about his life away from the office.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Bradford's Big...	8.00 Would I Lie to...	8.30 Ghosts	9.00 The Traitors		10.00 News; Local News	
	102 BBC2	7.00 Snooker: The Masters – Live		8.00 Monty Don's British Gardens		9.00 1066: Lucy Worsley Investigates		10.00 The Traitors...	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 True Crime Presents Murder...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Food...	8.30 Travel Man...	9.00 8 Out of 10 Cats Does Countdown		10.00 The Big Fat Quiz of Everything 2025	
	105 CHANNEL 5	7.00 Inside the Hilton: Park Lane		8.00 Susan Calman's Cruise of a Lifetime		9.00 The Good Ship Murder		10.00 Ronnie Corbett: 30 Funniest Moments	
	106 SKY SHOWCASE	‹ 6.30 Football: WSL – Live: Liverpool v Brighton & Hove Albion (Kick-off 7.00)					9.30 Rose Matafeo: On and On and On		
ENTERTAINMENT	115 BBC3		7.10 Top Gear		8.20 The Simple Life	9.00 Film: Quiz Lady			10.40 Him &...
	116 BBC4	7.00 All New Top of the Pops		8.00 Snooker: The Masters – Live: Further coverage of the fourth quarter-final				10.00 One-Hit Wonders at the BBC	
	118 ITV2	‹ 6.20 Film: Fantastic Beasts: The Crimes of Grindelwald				9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Gogglebox: Celebrity Special for SU2C		10.00 Film: Gemini Man	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI				10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.50 Billions		7.55 Game of Thrones		9.00 The Gilded Age		10.05 Lockerbie: A Search for Truth	
	110 U&GOLD	‹ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More Old News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Unforgotten	
	120 ITV4	‹ 4.00 World Series of Darts: Bahrain...		8.00 Giant Lobster Hunters		9.00 Film: Beverly Hills Cop II			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Mr Bean		10.00 Jack Whitehall Live	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 The Ultimate Action Movies		9.00 Strike Back: Vengeance		10.00 A League of Their Own	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Hitsville: The Making of Motown				10.00 Stax: Soulsville USA	
	132 U&W	7.00 DIY SOS: The Bigger Build Ireland		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Mystery at Blind Frog Ranch		10.00 Moonshiners	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Insane Pools: Off the Deep End		9.00 Monsters Inside Me		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pirates: Behind the Legends		9.00 Egypt's Sunken City: Drain the Oceans		10.00 Back to the Titanic	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Container Wars		9.00 Royal Autopsy		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Trawlermen: Hunting the Catch		9.00 The Warship: Tour of Duty		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Dart Kings		8.00 The Ringleader: The Case of the Bling Ring				10.00 Hurst: The First and Only	
FILMS - Sky Cinema	301 PREMIERE	‹ 6.00 Slingshot		8.00 Bad Boys: Ride or Die				10.00 The Fall Guy	
	302 ICONS	‹ 5.10 Interstellar		8.00 Jerry Maguire					10.20 Pulp Fiction
	303 HITS	‹ 5.35 The Amazing Spider-Man		8.00 The Amazing Spider-Man 2					10.25 Aquaman and the...
	304 GREATS	‹ 6.15 Airplane!		8.00 Airplane II – The Sequel			9.40 Brewster's Millions		
	305 ANIMATION	‹ 5.35 Hotel...	7.20 Spider-Man: Across the Spider-Verse				9.45 The Rugrats Movie		
	306 FAMILY	‹ 5.35 Blue Beetle		7.55 It Takes Two			9.40 Paulie		
	307 STUNTS	‹ 6.00 The Fast and the Furious: Tokyo Drift		8.00 Fast & Furious			9.50 Fast & Furious 5		
	308 COMEDY	‹ 6.25 Relax, I'm from the Future		8.00 The Holiday					10.20 Boomerang
	309 CRIME	‹ 6.05 Miss Congeniality		8.00 Miss Congeniality 2: Armed and Fabulous				10.00 Bad Boys	
	310 DRAMA	‹ 5.35 The Color Purple		8.00 Chicago			9.55 The Girl on the Train		
	311 SCI-FI	‹ 6.05 The Nun II		8.00 Ghostbusters				10.00 Pearl	
	313 FILM4	‹ 6.05 Clear and Present Danger				9.00 Taken			
SPORT	401 MAIN EVENT	7.00 EFL – Live: Burnley v Sunderland (Kick-off 8.00)							10.30 PGA Tour Golf
	402 PREMIER LEAGUE	‹ 6.30 Football: WSL – Live: Liverpool v Brighton & Hove Albion (Kick-off 7.00)					9.30 Fantasy Show	10.00 Big Interview	10.30 PL Preview
	403 FOOTBALL	7.00 EFL – Live: Burnley v Sunderland (Kick-off 8.00)							10.30 EFL Greatest...
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Greatest Spells	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 PL Preview	7.45 Tom Aspinall's Fight Lab		8.30 Women's Ashes		9.30 Women's T20 Super Smash – Live		
	411 TNT SPORTS 2	‹ 6.00 Ultimate Pool	7.30 Fishing: On the Bank		8.30 SailGP...	9.00 Autumn...	9.30 UEFA Magazine	10.00 Isuzu UTE A-League	

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** New edition Travel problems. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Kembleston Players:* 2/10. Rehearsals for a play are derailed by a dramatic death. (S12) (S)(AD)
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition An Aberdeen home in need of downsizing. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 The Graham Norton Show

7 PM

7.00 **The One Show** Roman Kemp presents live chat and topical reports. (S)
7.30 **NEW Bradford's Big Bash** A behind-the-scenes look at RISE, the spectacular opening event heralding Bradford's tenure as UK City of Culture. (S)(AD)

8 PM

8.00 **Would I Lie to You?** New edition With Francesca Mills, Nabil Abdulrashid, Lucy Beaumont and Gethin Jones. (S)
8.30 **Ghosts** Alison and Mike camp in the grounds while the house is being fumigated. (S3) (S)(R)(AD)

9 PM

9.00 **The Traitors** New edition 9/12. Breakfast proves to be a wake-up call for the Faithful as the Traitors strike again. (S)(AD)
■ *The Traitors: Uncloaked* follows on BBC2 at 10.00pm

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition 14/21. Graham is joined by Jamie Foxx and Cameron Diaz to talk about *Back in Action*, Michelle Yeoh discusses *Star Trek: Section 31*, and Jonathan Bailey chats about taking to the stage in *Richard II*. Plus, music from Griff. (S)
11.30 **FILM Escape Room: Tournament of Champions** Horror sequel with Taylor Russell and Logan Miller. The survivors of a deadly game designed by a corporation are dragged back into an even deadlier trap. (S) (2021, 15, 80min) ★★
12.50 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Lorraine Pascale – How to Be a Better Cook** (S)(R)
8.30 **Sign Zone: Joanna Page's Wild Life** 1/15. Documentary. (S)(R)
9.00 **BBC News** (S)
1.00 PM **LIVE Snooker: The Masters** Seema Jaswal presents coverage of the third quarter-final on day six from Alexandra Palace. (S)
4.15 **World's Weirdest Events** (S)(R)
5.15 **Flog It!** Paul Martin hosts from Newby Hall, North Yorkshire. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Jasmine Takhar, Harry Aikines-Aryeetey, Ania Magliano and Joe Swash. (S)
6.30 **Joanna Page's Wild Life** New edition 10/15. Joanna helps to x-ray a tiny bat. (S)

8.00 Monty Don's British Gardens

7 PM

7.00 **LIVE Snooker: The Masters** Hazel Irvine presents coverage of the fourth and concluding quarter-final on day six staged at Alexandra Palace, played over the best of 11 frames. (S)
■ Coverage continues on BBC4

8 PM

8.00 **Monty Don's British Gardens** New edition 2/5. The *Gardeners' World* presenter witnesses ingenuity, passion and determination as he travels across the north of England and Northern Ireland. (S)(AD)

9 PM

9.00 **1066: Lucy Worsley Investigates** New edition 3/4. The presenter investigates the aftermath of the Battle of Hastings in 1066, a pivotal moment in English history. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **The Traitors: Uncloaked** New edition 9/12. Ed Gamble and guests discuss the latest developments. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **FILM Kursk: The Last Mission** Fact-based drama with Matthias Schoenaerts. Explosions aboard a Russian submarine cause it to sink during an exercise, leaving survivors trapped on the ocean floor. (S) (2018, 12, 110min) ★★★
12.55 AM **Snooker: The Masters – Extra** The third quarter-final. (S)
2.55 **Sign Zone: Panorama** (S)(R)
3.25 **Sign Zone: The Gunpowder Plot – Lucy Worsley Investigates** (S)(R)
4.25 **Sign Zone: Lucan** 2/3. (S)(R)(AD)
5.25 **to 6.00** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** A look back at more of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Hayley Tamaddon and Dan Whiston take part in the game show. (S)(AD)
3.00 **Lingo** New edition Word-based quiz show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Eva takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

3.00 Lingo

7 PM

7.30 **Emmerdale** The past is confronted, a villager says goodbye, and a reward brings some unwanted attention. (S)(AD)

8 PM

8.00 **Coronation Street** Kevin and Abi hide concerns from one another, Lauren's trial gets underway, Carla learns the price of her private transplant, and Adam is dismayed to hear of Cassie's blackmail. (S)(AD)

9 PM

9.00 **NEW SERIES True Crime Presents Murder: The Tattoo Clue** When a woman's body is found in Hull, senior investigating officer Paul Davison and his team are tasked with identifying her and how she was killed. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Inside M&S at New Year** A behind-the-scenes look at M&S Food as they develop an innovative health range to keep up with trends of the new year. (S)(R)(AD)
11.40 **Sorry, I Didn't Know** 2/5. Ola Labib, Nadia Jae, Marcus Brigstocke and Richie Anderson join team leaders Chizzy Akudolu and Eddie Kadi to answer questions about black history. Jimmy Akingbola hosts. (S)(R)
12.05 AM **Teleshopping**
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 16-18/27. (S9) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** 17-20/25. (S11) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Plans are finalised for two wedding events. (S)
5.00 **Junior Bake Off** New edition 10/15. It's Pastry Day and the last chance for the second batch of bakers to win a place in Finals Week. Harry Hill hosts. (S)(AD)
6.00 **A Place in the Sun** New edition Craig Rowe helps Claire and Simon find their dream holiday home in Nerja, southern Spain. (S)

8.30 Travel Man: 48 Hours in...

7 PM

7.00 **News** (S)

8 PM

8.00 **Food Unwrapped** New edition Helen Lawal finds out what makes lemon juice last so long. (S)(AD)
8.30 **Travel Man: 48 Hours in Rotterdam** New edition Joe Lycett is joined by Alex Brooker. (S)(AD)

9 PM

9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts as Jon Richardson and Guz Khan take on Katherine Ryan and Joe Wilkinson. Plus, Alasdair Beckett-King helps Susie Dent in Dictionary Corner. (S)

10 PM

10.00 **The Big Fat Quiz of Everything 2025** Jimmy Carr invites Harry Hill, David Mitchell, Roisin Conaty, Sophie Willan, Josh Pugh and Fatiha El-Ghorri to battle it out to see who knows the most about a range of topics. (S)(R)
12.00 M'T **Sean Lock: Keep It Light** Stand-up comedy show. (S)(R)
1.00 AM **FILM The Craft: Legacy** Horror drama starring Cailee Spaeny and Gideon Adlon. (S) (2020, 15, 90min) ★★★★
2.30 **Marilyn Manson: Unmasked** 3/3. Documentary. (S)(SL)(R)(AD)
3.25 **Kirstie and Phil's Love It or List It** From Hertfordshire. (S)(SL)(R)(AD)
4.20 **Find It, Fix It, Flog It** (S)(R)
4.30 **to 6.05** AM **Frasier** (S9) (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 **The Chronicle Mysteries: The Retreat** Crime drama starring Alison Sweeney and Benjamin Ayres. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition Shopkeepers Andy and Rita journey to Benidorm to hunt down an elusive tonic wine. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols. (S)(R) (S)(R)
6.55 **News** (S)

8.00 Cruise of a Lifetime

7.00 **Inside the Hilton: Park Lane** 2/4. While the renovation continues, the sales team welcome the ambassador of East Timor. (S)(R)
7.55 **News** (S)
8.00 **Susan Calman's Cruise of a Lifetime** New edition The comedian travels to Viking country on an epic adventure to see the Norwegian fjords, where she is determined to embrace the concept of outdoor life. (S)
9.00 **The Good Ship Murder** New episode *Gran Canaria:* 2/7. Jack and Kate are still reeling from their fallout in Rome, and when Jack sees a notorious ex-con named Mickey Eldergill, things take a sinister turn. (S2) (S)(AD)
10.00 **Ronnie Corbett: 30 Funniest Moments** A celebration of the comedy actor through 30 moments from his career, taking in early film roles, 1960s satire, his double act with Ronnie Barker and solo sitcom appearances. (S)(R)
12.05 AM **Happy Campers: The Caravan Park** Life at two West Country holiday camps. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.50 **The Wonderful World of Chocolate** (S)(SL)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S4&5) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 9/13. LA's power grid is taken over after a ransomware attack. (S4) (S)(R)
5.00 **The Simpsons** *Pranks and Greens:* Bart befriends a former schoolboy prankster. (S)(R) **5.30** *My Big Fat Geek Wedding:* Principal Skinner and Mrs Krabappel announce their engagement. (S)(R)
6.00 **The Office (US)** 11/26. Michael takes Dwight, Andy and Oscar to New York. (S6) (S)(R)

9.30 Rose Matafeo: On and On...

6.30 **LIVE Football: WSL** Liverpool v Brighton & Hove Albion: Coverage of the Women's Super League match at the Totally Wicked Stadium. Liverpool have won the past three meetings between the sides – two of which came on home territory – but Brighton have made the stronger start to the current campaign so will be hopeful of an away win on this occasion. Kick-off 7.00.
9.30 **Rose Matafeo: On and On and On** Stand-up comedy show in which Rose gives her takes on relationships, ageing, having children and more, with all of it stemming from a 16,000-word note left on her phone. (S)(R)
10.45 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz show as Luke Littler, Tom Davis and Alex Brooker join regulars Jamie Redknapp, Micah Richards and Jill Scott. (R)
11.45 **Karl Pilkington: The Moaning of Life** The factors that shape people's identities. (S)(R)(AD)
12.45 AM **Sex and the City** 3/18. Carrie bumps into Big's fiancée. **1.25** 4/18. Guest stars Alanis Morissette. (S3) (S)(R)
2.05 **The Office (US)** (S6) (S)(R)
2.35 **Road Wars** (S)(R)
3.05 **Magnum P.I.** (S5) (S)(R)(AD)
4.05 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.30pm Jules and Greg's Wild Swim (S)(R) **12.30am** FILM Escape Room: Tournament of Champions (S) (2021, 15, 80min) ★★ **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.30-8.00pm Chris Cooks Cymru New edition (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Pen/Campwyr **1.30** Y Fets (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **6.30** Colleen Ramsey: Bywyd a Bwyd **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Noson Lawen **8.55** Newyddion a'r Tywydd **9.00** Am Dro! (AD) **10.00** Dim Byd Fel Dim Byd **10.35-11.40pm** Ar y Ffin (AD)

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Press X on the BBC** Diversity in video games and the gaming industry.
7.10 **Top Gear** Rory Reid and Sabine Schmitz visit the famous Nürburgring circuit.
8.15 **The Catch Up**
8.20 **The Simple Life** 2/16. Paris and Nicole move on to Staten Island to live with an Italian-American family and embark on an internship at an advertising agency. **8.40** 3/16. Paris and Nicole Richie work at an airport.
9.00 FILM **Quiz Lady** Comedy starring Sandra Oh, Will Ferrell and Awkwafina. Two siblings embark on a cross-country odyssey to transform a shrinking violet into a game show contender. (2023, 15, 99min) ★★★★
10.40 **Him & Her: The Wedding**
11.40 **Dubai Hustle**
12.40 AM **Top Gear**
1.40 **Quiet Life** Comedy short.
1.55 **Drugs Map of Britain**
2.55 **to 3.55** AM **Ballers: Ball or Nothing**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Top of the Pops** Music by the Supernaturals, Michelle Gayle and En Vogue, from February 1997. **7.30** Featuring Mansun, Mark Owen, Apollo 440, Depeche Mode, No Mercy and U2 from February 1997.
8.00 LIVE **Snooker: The Masters** Hazel Irvine presents further coverage of the fourth and concluding quarter-final on day six from Alexandra Palace in London.
10.00 **One-Hit Wonders at the BBC** Compilation of hits by artists hardly heard from again, including Peter Sarstedt's *Where Do You Go To (My Lovely)?* and *Move Closer* by Phyllis Nelson.
11.00 **One-Hit Wonders at the BBC: Volume 2**
12.00 M'T **Top of the Pops 1977: Big Hits** With Rod Stewart.
1.00 AM **Top of the Pops**
2.00 **One-Hit Wonders at the BBC** As shown at 10.00pm.
3.00 **to 4.00** AM **One-Hit Wonders at the BBC: Volume 2**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Hull.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw try to restore a tatty Mk.1 Toyota MR2. **6.55** Tim and Fuzz visit Cambridgeshire to pick up their very first supercar, a rare 1989 Ultima race car.
7.55 **Grand Designs** Kevin McCloud follows an ambitious build in Cornwall, as Leigh and Richard transform a derelict 17th-century flour mill into a contemporary, three-bedroom home.
9.00 **24 Hours in A&E** A 53-year-old man is rushed into hospital with chest and lung injuries after coming off his bike, and a 40-year-old man is treated after collapsing on a golf course. **10.00** A 30-year-old man is rushed to hospital after severely dislocating and fracturing his ankle playing football with friends.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line** Medical series.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Double bill of the animated comedy.
7.30 **Modern Family** 1/18. Manny hopes to win his ex-girlfriend back. (S11)
8.00 **The Simpsons** *The Spy Who Learned Me:* Homer receives marital advice from movie star Stradivarius Cain. **8.30** *Ned 'n' Edna's Blend Agenda:* Ned and Edna secretly tie the knot.
9.00 **Gogglebox: Celebrity Special for SU2C** A celebrity edition for Stand Up to Cancer.
10.00 FILM **Gemini Man** Sci-fi action drama starring Will Smith. An ageing assassin is targeted by a mysterious enemy that seems able to anticipate his every move. (2019, 12, 117min) ★★
12.20 AM **Naked Attraction**
2.25 **Gogglebox**
3.15 **First Dates**
4.05 **Brooklyn Nine-Nine**
4.50 **to 6.00** AM **The Simpsons**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Law & Disorder**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 9/22. Bull helps a grieving mother. (S6)
12.00 NOON **FBI** 9/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 8/22. Three prosecutors are assassinated at a bar. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**

8.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Money For Nothing:* 13/22. The team investigate a string of armed robberies.

9 PM
9.00 **FBI** *The Lies We Tell:* 14/22. When a security agent is killed, the team investigate if there's a link to his time in Croatia. (S5)

10 PM
10.00 **The Rookie** *The Checklist:* 19/20. Nolan and Bishop answer an alarm call at the house of music superstar will.i.am. (S1)
11.00 **Matlock** 8/10. Matty helps a nanny who has been fired. (S1)
12.00 M'T **Chicago PD** 7/13. (S11)
1.00 AM **FBI: Most Wanted** (S4)
2.00 **Bull** 10/22. (S6)
3.00 **The Real A&E** Double bill.
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
8.00 **The Sopranos** 11 & 12/13. (S4)
10.05 **Billions** 7&8/12. (S2)
12.15 PM **Game of Thrones** (S1)
1.20 **Boardwalk Empire** (S5)
3.35 **The Sopranos** 11/13. Tony's housing development funds scam hangs in the balance. **4.40** 12/13. Carmela makes a date she can not keep. (S4)
5.45 **Billions** 7/12. Axe assembles a war room in the Hamptons following a disastrous setback. **6.50** 8/12. Chuck digs up dirt on a political rival. (S2)

9.00 The Gilded Age

7.55 **Game of Thrones** *Fire and Blood:* 10/10. Robb's bannermen make a momentous declaration, and Catelyn confronts Jaime Lannister about Bran's fall. (S1)

9.00 **The Gilded Age** *Head to Head:* 3/8. The opera war escalates, and there is a surprise guest at Bertha's fundraiser. (S2)

10.05 **Lockerbie: A Search for Truth** 3/5. As the trial unfolds, Jim Swire begins to question the evidence against the suspects. (S1)
11.20 **Gangs of London** 8/8. Shannon makes a grasp for power, and Marian stands to lose everything. (S2)
12.30 AM **The Wire** 7/12. (S3)
1.30 **Game of Thrones** As 7.55pm.
2.35 **Gomorrah** 3/12. (S3)
3.40 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 16&17/18. (S4)
8.00 **Supergirl** 6/20. (S6)
9.00 **Stargate Universe** (S1)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 8/20. (S6)
1.00 PM **S.W.A.T.** (S4&5)
3.00 **Magnum P.I.** 19/20. (S5)
4.00 **MacGyver** 9/13. (S4)
5.00 **DC's Legends of Tomorrow** 3/13. Gideon is overwhelmed by her new choices. (S7)
6.00 **Stargate Universe** 19/20. Young interrogates Telford and discovers the *Destiny* is in danger of being boarded. (S1)

8.00 The Ultimate Action Movies

7.00 **Stargate Universe** *Incursion – Part Two:* 20/20. Rush discovers a binary pulsar is emitting deadly radiation. (S1)

8.00 **The Ultimate Action Movies** Clara Amfo, Russell Kane and Guz Khan discuss what makes the ultimate action film.

9.00 **Strike Back: Vengeance** 2/10. Stonebridge, Scott and the rest of the team need to escape Waabri's lair and get to safety. (S3)

10.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz, with Luke Littler, Tom Davis and Alex Brooker.
11.00 **Karl Pilkington: The Moaning of Life** Karl investigates the factors that shape people's identities.
12.00 M'T **The Force: Manchester**
2.00 AM **Brit Cops: Rapid Response** Documentary.
3.00 **Magnum P.I.** 19/20. (S5)
4.00 **MacGyver** 9/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
9.55 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **Family Fortunes**
3.00 **Charmed** 18/23. A heavily pregnant Piper is attacked by a spider demon. (S6)
3.55 **Gilmore Girls** 16/22. Lorelai runs into Max. (S3)
4.50 **Dinner Date**
5.50 **In for a Penny**

6.20 ...Crimes of Grindelwald

6.20 **FILM Fantastic Beasts: The Crimes of Grindelwald** Fantasy sequel starring Eddie Redmayne. Newt tries to scupper a sorcerer's plans of raising pure-blood wizards to rule over non-magical beings. (2018, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: All Stars** New edition It has been a scorching first week in the villa – and no-one wants to get dumped.

10.05 **Family Guy** 13/20. Peter hires the town's lawyer. **10.35** 14/20. Homages to *Game of Thrones* and *Big Little Lies*. (S20)
11.05 **Family Guy** 8/20. (S20)
11.35 **American Dad!** (S17)
12.30 AM **Bob's Burgers** (S9)
1.30 **Deep Fake Neighbour Wars**
2.00 **Getting Filthy Rich**
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Private Lives:* A hit-and-run has devastating repercussions for the victim's family and their community.
5.55 **Heartbeat** *Child's Play:* Mike suspects a runaway boy is hiding out in Aidensfield after a number of strange events.

10.00 Unforgotten

6.55 **Heartbeat** *Fallen Heroes:* Aidensfield gets its own Robin Hood when parcels of cash are delivered to the village's residents.

8.00 **Midsomer Murders** *Blood on the Saddle:* A land dispute leads to murder during a cowboy fair run by the Wild West Society of a Midsomer village. Guest stars Kenneth Cranham.

10.00 **Unforgotten** 1/6. When a severed leg is discovered inside a chimney, Sunny and the team have a new case to investigate. (S5)
11.00 **Wire in the Blood** 2/4. A prostitute is murdered, and Tony's investigations reveal the suspected killer. (S4)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **LIVE Sportscene: Scottish Cup** Brechin City v Hearts: All the action from the fourth-round tie at Glebe Park. Kick-off is at 7.45.
10.00 **Still Game** 3/6. Methadone Mick reveals he has a job interview, so Jack and Victor pull out all the stops to give him a makeover. (S7)
10.30 **Best of Only an Excuse?** A selection of sketches picked from 27 years of the hit comedy show, starring Jonathan Watson, with Tony Roper, Alistair McGowan and Mark Cox.
11.00 PM **to 12.00** M'T **TRNSMT 2024** Featuring performances by Sugababes, Tom Grennan, Blossoms and Liam Gallagher.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S3)
9.15 **The Conners** (S2)
10.10 **Silicon Valley** (S3)
11.20 **Barry** 3&4/8. (S3)
12.35 PM **Entourage** (S4)
1.45 **Silicon Valley** (S3)
3.05 **Barry** 3&4/8. (S3)
4.25 **Ballers** 5&6/10. (S3)
5.45 **The Office (US)** (S6)
6.45 **The Conners** (S2)
7.45 **Ballers** 9/10. Vernon pushes himself to get back on the field. **8.20** 10/10. Charles gets an opportunity. (S2)
9.00 **Veep** 7/10. A would-be assassin breaks into the White House. **9.35** 8/10. Selina's administration falls apart while she is off sick. (S4)
10.10 **Rose Matafeo: On and On and On** Stand-up.
11.25 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
12.25 AM **Sex and the City**
1.45 **And Just Like That...**
3.35 **to 5.00** AM **Barry**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Classic FM Live: Great British Classics**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering: Brad Pitt**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the Unexpected**
2.00 **Sherlock Holmes vs Arthur Conan Doyle**
3.00 **Discovering: Matt Damon**
4.00 **The Great Songwriters**
5.00 **Landscape Artist 2019**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Hitsville: The Making of Motown** Documentary.
10.00 **Stax: Soulsville USA**
12.15 AM **Johnson & Knopfler's Music Legends** With Tom Jones.
1.15 **Sunshine Superman: The Story of Donovan**
3.45 **Inside Art** Double bill.
4.40 **Arts Uncovered**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 10/26. (S6)
5.00 **Atlantis** 10/13. (S2)
6.00 **Star Trek: Deep Space Nine** 4/26. (S7)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S7)
10.00 **S.W.A.T.** *Fences:* 13/22. A mistake throws Jim into the spotlight. (S1)
11.00 **Britain's Most Evil Killers** A look into the story of Mark Bridger.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Fletchers' Family Farm**
9.10 **Million Dollar Listing: LA**
10.05 **NEW SERIES Worst to First** Property series.
11.05 **The Real Housewives of Beverly Hills**
12.00 NOON **Fletchers'...**
1.05 PM **Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Million Dollar Listing: LA** Series finale
8.00 **Dinner Date**
9.00 **Botched** Double bill.
10.55 **Dr. 90210**
11.50 **The Only Way Is Essex**
12.50 AM **Buying the View**
1.15 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 5/8. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 2/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 15-18/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *It's Supposed to Be Thicker Than Water:* 22/26. (S1)
10.00 **The New Avengers** *Dirtier by the Dozen:* 12/13. A murdered agent is found in possession of a suspicious film. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **The Adventures of Sherlock Holmes** Murder mystery.
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots** New edition
12.20 PM **The Adventures of Sherlock Holmes**
1.30 LIVE **Racing** From Windsor, Market Rasen and Newcastle.
4.00 LIVE **World Series of Darts: Bahrain Masters** Coverage of day two, featuring the quarter-finals, semi-finals and final.

9.00 Beverly Hills Cop II

LIVE **World Series of Darts: Bahrain Masters** (started at 4.00pm)

8.00 **Giant Lobster Hunters** The real-life dramas of six lobster boat captains over the last ten weeks of rock lobster hunting seasons.

9.00 FILM **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde woman. With Judge Reinhold and Brigitte Nielsen. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Wrestling: AEW Dynamite**
1.05 AM **Dark Side of the Ring** New edition Brian Pillman.
2.00 **Minder**
3.00 **Teleshopping**
3.30 **Auto Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 1/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 16/26. (S5)
2.00 **Warehouse 13** 10/13. (S1)
3.00 **Stargate SG-1** 3/20. (S8)
4.00 **Star Trek: Voyager** (S1)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 1/26. A main computer breakdown leaves the crew in mortal danger. (S3)

11.00 True Blood

7.00 **Warehouse 13** *Regrets:* 10/13. Artie instructs Myka and Pete to investigate suspicious suicides in a Florida prison. (S1)

8.00 **Stargate SG-1** *Lockdown:* 3/20. When a Russian Air Force colonel falls ill, investigations reveal a sinister cause. (S8)

9.00 **The Walking Dead** *Cherokee Rose:* 4/13. Dale and T-Dog get a shock as they collect water from the well. (S2)

10.00 **Grimm** *Organ Grinder:* 10/22. Nick investigates a plot involving monsters and harvesting organs from teenagers. (S1)

11.00 **True Blood** 3/12. Sookie's attraction to Bill wanes when she visits him and sees a darker side of vampire life. **12.00** M'T 4/12. Jason is the prime suspect when Sookie discovers Dawn's body. (S1)
1.00 AM **SurrealEstate** (S1)
3.00 **Room 104** 9&10/12. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 11/16. (S2)
12.00 NOON **The Mentalist** (S3)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 11/16. A crew member is found dead during the filming of a horror film in a supposedly haunted mine. (S2)
6.00 **Father Brown** *The Darkest Noon:* Mallory and Father Brown suddenly go missing.

9.00 Death in Paradise

7.00 **The Mentalist** *Strawberries and Cream – Part Two:* 24/24. Jane attempts to track down Red John. (S3)

8.00 **White Collar** *Under the Radar:* 16/16. Adler kidnaps Alex, Peter and Neal and locks them in the same warehouse. (S2)

9.00 **Death in Paradise** *A Murder Forewarned – Part One:* 6/8. The team investigate the murder of a water-taxi driver. (S12)

10.00 **Father Brown** *The Darkest Noon:* Mallory and Father Brown go missing, and it is up to the gang to save them.

11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 5/21. All the guests attending a fundraising party for a university science department fall ill. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.15 **dinnerladies**
1.55 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

5.20 Keeping Up Appearances

7.20 **Dad's Army** Mainwaring has too much to drink during a weekend course with Captain Square.

8.00 **dinnerladies** A convict escapes in the fog on his way to Strangeways.
8.40 **Miranda** Stevie and Miranda compete for the attention of a new friend.
9.20 **Gavin & Stacey** After a day spent house-hunting, tensions between the newlyweds hit fever-pitch.

10.00 **The Royle Family** Nana is staying with the family while she recuperates from an eye operation.
10.40 **dinnerladies** As 8.00pm.
11.20 **Miranda** As 8.40pm.
12.00 M'T **Gavin & Stacey**
12.35 AM **The Royle Family**
1.15 **Bottom Live: The Big Number 2 Tour** A 1995 stage show of the comedy series.
3.20 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **American Pickers**
2.00 PM **Our Guy in Japan**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** Si King and Dave Myers examine the origins of southern fried chicken.
6.00 **Rick Stein's Cornwall** Rick takes a break in Truro. **6.30** The chef looks into Bodmin Moor's dark past.

10.00 Have I Got a Bit More Old...

7.00 **QI XL** With guest panellists Matt Lucas, Ross Noble and Lucy Porter.
7.40 **Richard Osman's House of Games** Guests include Anna Richardson and Marcus Brigstocke. **8.20** With Ronni Ancona, Nathan Caton, Colin Murray and Sally Phillips.

9.00 **QI XL** Sandi Toksvig takes a look at tubes and tubas, with Bridget Christie, Sara Pascoe, Deborah Frances White and Alan Davies.

10.00 **Have I Got a Bit More Old News for You** David Tennant hosts the satirical quiz, with Angela Rayner and Joe Wilkinson.
11.00 **8 Out of 10 Cats**
11.50 **Mock the Week**
1.05 AM **QI XL** As 7.00pm.
1.45 **Survivor South Africa**
2.45 **Richard Ayoade's Question Team** With Sue Perkins.
3.35 **to 4.00** AM **Travel Man: 48 Hours in Bergen**

+1 hour 211/212 327 74

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 22-24/24. (S8)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Kirstie and Phil's Love It or List It** The duo help a couple in Hertfordshire to decide whether to stay put or to start fresh.
8.00 **Sandi's Great British Woodland Restoration** 2/3. Spring finds Sandi Toksvig and her wife crafting wildlife ponds.
9.00 **Manhunt** 1/3. Following specialist police dealing with urgent manhunts.
10.00 **Gogglebox 2023** Critiques of 2023's biggest and best shows.
12.05 AM **Celebrity Gogglebox**
1.10 **8 Out of 10 Cats Does Countdown**
3.15 **Celebrity Hunted**
4.10 **to 4.40** AM **Travel Man: 48 Hours in Rotterdam**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 14-16/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Power Down:* 8/24. An attempted robbery leads to the death of a lieutenant. **7.00** *Child's Play:* 9/24. The agents investigate a government organisation dedicated to child prodigies. **8.00** *Faith:* 10/24. A Marine is killed after changing his religious persuasion. **9.00** *Ignition:* 11/24. The team investigate the murder of a pilot. (S7)
10.00 **Law & Order: Special Victims Unit** *Behave:* 3/24. A rape victim claims to have been attacked for a fourth time. (S12)
11.00 **Law & Order: Special Victims Unit** (S12&11)
1.50 AM **Blue Bloods** (S6)
2.50 **Law & Order** (S20)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 FILM **Battleship** Sci-fi adventure starring Taylor Kitsch and Rihanna. (2012, 12, 126min) ★★★
11.35 FILM **RoboCop** Sci-fi thriller remake starring Joel Kinnaman. (2014, 12, 113min) ★★★
2.00 AM **TMZ Investigates: The Killer OnlyFans Model** True-crime.
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Outback Truckers**
10.05 **Traffic Cops**
11.05 **Police Interceptors**
12.05 PM FILM **Young Billy Young** Western starring Robert Mitchum. (1969, PG, 89min) ★★
1.55 FILM **The Spikes Gang** Western starring Gary Grimes and Lee Marvin. (1974, 15, 96min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Night Shift 999**
10.00 **Beacon 23** New episode *End Transmission:* 7/8. An organisation known as the Column arrives at the station. **11.00** Series finale *Adamantine:* 8/8. The *QTA Mothership* arrives, forcing Aster to make a life-or-death choice. (S1)
12.00 M'T **Police Interceptors**
2.00 AM **Trucking Heavy**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build Ireland** From Waterford.
12.00 NOON **DIY SOS: The Bigger Build Ireland**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build Ireland** From Waterford.
7.00 **DIY SOS: The Bigger Build Ireland**
8.00 **Inside the Ambulance** Paramedics come to the aid of a man with an unexplained broken leg.
9.00 **999 Rescue Squad** The medics are called to treat the victim of a stabbing at a meat plant. **10.00** A cyclist plunges down a cliff after a freak accident.
11.00 **Gavin & Stacey**
12.55 **to 3.00** AM **MasterChef Canada**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.10 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill
8.00 **Father Brown** *The Winds of Change:* A killer starts using Kembleford's model village in order to plan their attacks. **9.00** *The Company of Men:* Lady Felicia pays an impromptu visit.
10.00 **New Tricks** *Powerhouse:* The team look into the murder of a wages clerk.
11.20 **Bergerac**
12.30 AM **Taggart**
3.00 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip** Christina Trevanion makes a purchase with a scouting connection. **8.00** James Braxton and Christina Trevanion head to Ayr, Scotland.
9.00 **Helicopter ER Critical Hour** Four people lose control of a stolen lorry.
10.00 **Helicopter ER** A motocross racer has a life-threatening crash. **11.00** Two women are thrown from their horses.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase** Triple bill.
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.10 PM **Tenable**
1.00 **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters** Quiz hosted by Simon Mayo.
5.00 **The Crystal Maze**
6.00 **Through the Keyhole** David Frost presents the comedy panel show.
7.10 **Tenable** Five pub quizzers from south-east London compete.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Warwick Davis hosts as five pub quizzers from south-east London compete.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.15 AM **Bridge of Lies**
1.05 **The Crystal Maze**
2.05 **The Chase** Double bill.
4.00 **Tenable** Game show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Battle of Kursk**
9.00 **FILM The Big Lift** Drama. (1950, b/w, PG, 119min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Cripple Creek** Western. (1952, U) ★★
2.45 **FILM The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
5.00 **FILM Johnson County War: Part Two** Western. (2002, 12, 89min) ★★
7.00 **The High Chaparral**
8.00 **FILM Rio Lobo** Western. (1970, PG, 110min) ★★★
10.00 **FILM Babylon A.D** Sci-fi thriller. (2008, 12, 100min) ★★★
11.55 **FILM Cell** Sci-fi thriller. (2014, 15, 95min) ★★★
2.00 AM **FILM Bermuda Tentacles** Thriller. (2014, 12, 86min) ★★
4.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM I Do, or Die – A Killer Arrangement** Thriller. (2020, 12) ★★
11.00 **FILM A Lover Betrayed** Thriller. (2017, 12) ★★
1.00 PM **FILM Grandma Dearest** Crime thriller. (2020, PG, 87min) ★★
2.55 **FILM A Mother Betrayed** Thriller. (2015, PG, 90min) ★★
4.50 **FILM Jane Doe: How to Fire Your Boss** Mystery. (2007, PG, 83min) ★★
6.40 **FILM Goosebumps** Fantasy adventure. (2015, PG, 103min) ★★★
9.00 **FILM World War Z** Action thriller. (2013, 15, 116min) ★★★★
11.35 **FILM 2 Guns** Thriller. (2013, 15, 104min) ★★★
1.55 AM **FILM Lost Letter Mysteries: To the Altar** Drama. (2018, PG) ★★
4.00 **to 6.00** AM **FILM Deadly Sibling Rivalry** Thriller. (2011, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM Snowkissed** Comedy. (2021, PG) ★★
9.55 **FILM Love, Alaska** Comedy. (2019, PG) ★★
12.00 NOON **FILM Second Chance Christmas** Drama. (2017, PG) ★★
2.00 PM **FILM Meet Me in New York** Drama. (2022, PG, 90min) ★★
4.00 **FILM Rome in Love** Romantic drama. (2019, PG, 90min) ★★
6.05 **FILM Love on Iceland** Romantic comedy. (2020, U, 84min) ★★
8.00 **FILM Picture Perfect Romance** Drama. (2022, U, 89min) ★★
10.00 **FILM Accidentally Engaged** Drama. (2016, PG, 86min) ★★
11.55 **FILM Love on the Menu** Drama. (2019, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Eat, Drink and Be Married** Drama. (2019, U) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Space 1999** 6/24. (S1)
10.00 **I Dream of Jeannie**
10.30 **Watching** 7/9. (S4)
11.00 **A Fine Romance** (S2)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Fantastic Journey**
1.00 PM **Department S** (S2)
2.00 **FILM The Lady Vanishes** Thriller. (1979, PG) ★★★
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 7/9. (S4)
6.00 **I Dream of Jeannie**
6.30 **Married... With Children**
7.00 **Blue Thunder**
8.00 **Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Stereo Underground**
12.30 AM **Bubblegum & Cheese** 5/13. (S1)
1.30 **Monkey** 3/26. (S1)
2.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Following Alaskan crab fisherman as they brave the Bering Sea in search of valuable king crabs. **8.00** Captains choose whether to risk their lives for a big payday.
9.00 **Wheeler Dealers** A Japanese rally car – a Mitsubishi Lancer Evo7. **10.00** A bargain VW Golf convertible.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin's United Cakes of America** Double bill.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin's United Cakes of America**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands**
10.00 **James Martin's United Cakes of America** The chef samples a boozy rum cake in Boston. **10.30** The chef learns about doughnuts.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 4/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 20/22. (S2)
11.00 **FILM Firequake** Thriller. (2014, 12, 90min) ★
1.00 PM **FILM Dr Terror's House of Horrors** Horror compendium. (1964, PG, 98min) ★★★
3.00 **FILM The Curse of the Werewolf** Horror chiller. (1961, 12, 92min) ★★★
5.00 **Star Trek** 3/30. (S1)
6.00 **T.J. Hooker** 21/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Looper** Time-travel thriller starring Joseph Gordon-Levitt. (2012, 15, 119min) ★★★★
11.20 **FILM The Humanity Bureau** Sci-fi thriller. (2017, 15, 95min) ★★
1.15 AM **FILM Becky** Thriller. (2020, 18, 93min) ★★★
3.05 **to 4.50** AM **FILM Horror Express** Horror. (1972, 15, 88min) ★★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Warlords of Atlantis** As 5.00pm.
8.00 **FILM Bigfoot** Tongue-in-cheek monster movie. (2012, 12, 89min) ★★
10.00 **Farscape** 7/22. (S1)
11.00 **FILM Super Cyclone** Action disaster movie. (2012, 12, 90min) ★
1.00 PM **FILM Strange Invaders** Sci-fi comedy. (1983, 12, 89min) ★★
3.00 **Farscape** 7/22. (S1)
4.00 **Star Trek** 11/30. (S1)
5.00 **FILM Warlords of Atlantis** Adventure. (1978, PG, 96min) ★★
7.00 **Farscape** 2/22. (S1)
8.00 **Star Trek** 12/30. (S1)
9.00 **FILM Never Let Go** Thriller with Angela Dixon. (2015, 15, 90min) ★★
10.55 **FILM Villain** Crime drama starring Craig Fairbrass. (2019, 18, 97min) ★★★
1.00 **to 3.00** AM **FILM The Resident** Horror thriller. (2011, 15, 91min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Legends of the Pharaohs** Hatshepsut.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Mission Unexplained**
10.00 **Strange Evidence**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Alien Corridors**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Nick Knowles' Big House Clearout**
10.00 **The Hotel Inspector**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Walking Britain's Roman Roads**
9.00 **The Colosseum: Blood & Sand with Dan Snow** What it was like to experience a show at the Colosseum.
10.00 **Mystery of the Roman Coneheads: Ancient Mysteries** A collection of elongated skulls.
11.00 **Prisoner: Cell Block H** Double bill. (S4)
1.05 **Bargain-Loving Brits in the Sun** Double bill.
3.05 **Nick Knowles' Big House Clearout**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** Searching for a rural home in Derbyshire.
9.00 **The Great Pottery Throw Down** The eight potters are challenged to build a pair of matching lamp bases. **10.00** The remaining contestants sculpt a nude Greek statue.
11.00 **Home Town** Helping a couple find a place big enough for their family.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **1000-lb Sisters** Amy confronts some demons from her past.
8.00 **My 600lb Life: Where Are They Now?** Lee's anger issues jeopardise his relationship with Rena.
10.00 **My 600lb Life**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **My 600lb Life: Where Are They Now?**
4.00 **to 6.00** AM **My 600lb Life**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 10&12/21. (S8)
1.00 PM **Friends** (S7&8)
7.30 **Friends** 11/24. Rachel propositions Joey. **8.00** 12/24. Rachel and Joey hit the town. **8.30** 13/24. Chandler discovers the pleasures of a scented bath. (S8)
9.00 **Mr Bean** 9&10/14. (S1)
10.00 **Jack Whitehall Live**
11.00 **FILM Piranha 3D** Horror remake starring Elisabeth Shue. (2010, 18, 88min) ★★
12.40 AM **Jimmy Carr: Making People Laugh**
1.40 **Whose Line Is It Anyway? USA**
3.10 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 11&12/22. (S5)
11.00 **Friends** 21-24/24. (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 16/25. The gang visit a dating convention. **4.30** 18/25. Nick and Schmidt disagree. (S2)
5.00 **Becker** 11&12/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** (S7)
12.00 M'T **Al Murray: My Gaff, My Rules**
1.30 AM **Lee Evans Live at Her Majesty's Theatre**
2.50 **Romesh Ranganathan: Irrational Live**
3.50 **The Ricky Gervais Show**
5.05 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **Sun, Sea and A&E** Double bill.
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** *Safe Space:* 10/12. A bereaved Peggy goes missing. (S4)
6.00 **New Amsterdam** *Don't Do This For Me:* 10/13. Reynolds has a tough decision to make. (S5)
7.00 **MacGyver** (S1)
9.00 **SurrealEstate** (S2)
11.00 **For Life** 10/13. (S1)
12.00 M'T **Road Wars**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 10/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom: Young & Pregnant** Triple bill.
10.00 **Catfish: Repeat Offenders** Reality series.
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** People meet their partners in the flesh.
9.00 **Skin A&E** The specialist clinic opens its doors to patients with acne.
10.00 **Geordie Shore** Nathan and Chloe have a wild night in Bangkok but agree it's time to head to Ko Samui where Holly is surrounded by exes.
11.00 **Ridiculousness** New edition
11.30 **Ridiculousness**
12.00 M'T **Behind the Music**
1.00 AM **Just Tattoo of Us**
2.00 **Ink Master**
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** Tony considers moving the entire family operation to the Indian River. **4.00** After years of not talking, Rick asks Parker for a favour.
5.00 **Deadliest Catch** Johnathan puts more trust his instincts.
6.00 **Wheeler Dealers** Working on a Triumph Dolomite Sprint.

10.00 Moonshiners

7.00 **Salvage Hunters** Drew Pritchard visits one of his favourite houses and discovers a design classic.

8.00 **Gold Rush** Parker runs a third wash plant for the first time, and Cousin Mike makes a big misstep when a plant goes down.

9.00 **Mystery at Blind Frog Ranch** New edition A mysterious rumbling shakes the ranch, and James finds evidence.

10.00 NEW SERIES **Moonshiners** Mark and Digger find someone has been siphoning whiskey from their barrel house.

11.00 **Gold Divers** 1/2. Shawn hunts for a new spot as the fleet tries to pick up the pieces.
12.00 M'T **Street Outlaws**
1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.
2.00 **Moonshiners** As 10.00pm.
3.00 **Gold Rush** New edition
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A Mexican resort.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A tiny pool.
1.00 PM **Amanda to the Rescue**
2.00 **The Aquarium** Double bill.
4.00 **Saved by the Barn**
5.00 **Dr Jeff: Rocky Mountain Vet** Helping with the pet population on a remote Panama island.
6.00 **Insane Pools: Off the Deep End** Creating a dream pool.

10.00 Alaska: The Last Frontier

7.00 **Amanda to the Rescue** Amanda Geise faces a challenging rescue when a puppy arrives with serious neurological issues.

8.00 **Insane Pools: Off the Deep End** A couple ask Lucas Congdon to create a waterfront paradise in their backyard.

9.00 **Monsters Inside Me** An infection threatens to rob a college student of her eyeball, and a mother endures horror after birth.

10.00 **Alaska: The Last Frontier** Atz Lee and Jane help homesteader Mike repurpose an old city house into a cabin.

11.00 **Monsters Inside Me** An infection eats the blood of a health worker.
12.00 M'T **Guardians of Rescue**
1.00 AM **Alaska: The Last Frontier**
2.00 **Saved by the Barn**
3.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S** A Rover P6.
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **Mystery of MH370: Drain the Oceans** The case of Malaysia Airlines Flight 370.
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** A Porsche 356.
6.00 **Lost Treasures of Egypt** Archaeologists hunt for clues to the rise of mummification.

10.00 Back to the Titanic

7.00 **Air Crash Investigation** The investigation into the crash of a plane that nosedived into a remote desert in Patagonia.

8.00 **Pirates: Behind the Legends** The true story of history's most notorious pirate, Blackbeard, who blockaded Charleston.

9.00 **Egypt's Sunken City: Drain the Oceans** The latest technology is used to examine the remains of a legendary ancient city.

10.00 **Back to the Titanic** The first manned mission to the *Titanic* in nearly 15 years, using a specially equipped sub to scan the wreckage.

11.00 **Air Crash Investigation**
12.00 M'T **Colossal Machines**
1.00 AM **Lost Treasures of the Bible** Uncovering civilizations featured in the Bible.
2.00 **Money Meltdown**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Flipping Bangers**
7.45 **Dirty Old Cars**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Dirty Old Cars**
2.00 **Silver Spitfire: The Longest Flight** Documentary.
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** Robbie and Jersey uncover a bonanza of antique signs from the New York City subway.

10.00 Ancient Aliens: Origins

7.00 **Forged in Fire** Two bladesmiths re-create an even more iconic weapon of the Revolution – the Continental Cavalry sabre.

8.00 **Container Wars** A container from Guam is up for grabs. **8.30** A valuable container arrives in port.

9.00 **Royal Autopsy** 2/2. Alice Roberts revisits the death of Queen Elizabeth I and discovers medical facts regarding her final days.

10.00 **Ancient Aliens: Origins** New edition Compilation of the most compelling mysteries featured on the *Ancient Aliens* series.

12.00 M'T **Pawn Stars** A rare 1930s movie camera is brought in.
12.30 AM **Pawn Stars** Triple bill.
2.00 AM **Resistance: They Fought Back** Documentary recounting the largely unknown and courageous story of Jewish resistance during the Holocaust.
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **Buildings That Fought Hitler**
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Buildings That Fought Hitler**
5.00 **World War Weird** UFO sightings over Canada and the US during both World Wars.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Pembroke Castle.

8.00 Trawlermen: Hunting...

7.00 **Great American Railroad Journeys** Michael Portillo journeys along the Upper Mississippi to Red Wing, Minnesota.

8.00 **Trawlermen: Hunting the Catch** The crew of *Golden Promise* face Force 6 winds in search of scallops off Wales.

9.00 **The Warship: Tour of Duty** There is an outbreak of COVID-19 aboard *HMS Queen Elizabeth*, leaving 400 crew in isolation.

10.00 **Bangers & Cash** Derek is on the road to pick up a funky little Nissan Figaro and a sublime Ferrari 250 GT tribute car.

11.00 **Abandoned Engineering** A now-silent site that played a pivotal role defending the USA through the 20th century.
12.00 M'T **Great American Railroad Journeys** Travelling from Sedalia to St Joseph, Missouri.
1.00 **to 3.00** AM **Classic Car Garage**

+1hour 255 329

Friday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Celebrity Yorkshire Auction House**
2.00 **Salvage Hunters**
4.00 **Shed and Buried**
5.00 **Find It, Fix It, Flog It**
7.00 **Wheeler Dealers** Elvis convinces Mike to buy a VW Golf convertible. **8.00** Mike searches for a 1957 Thunderbird.
9.00 **The Repair Shop** Items include a wooden chest from Sri Lanka. **10.00** Restoring a pair of dancing clogs. **11.00** The team restore a wooden barber's chair.
12.00 M'T **Salvage Hunters: Classic Cars**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Reality series.
12.00 NOON **Murder Comes to Town** Joe Neff.
1.00 PM **Evil Lives Here**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Faking It: Tears of a Crime** Documentary.
8.00 **Murder on CCTV**
10.00 **People Magazine Investigates** New edition
11.00 **People Magazine Investigates**
12.00 M'T **Nightmare Next Door** Double bill.
2.00 AM **Murder Comes to Town** Melisa Augustson.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A locksmith scams a hospital out of nearly half a million pounds.
8.00 **Cold Justice** The team continue to investigate three deaths in Wyoming.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **Fatal Frontier: Evil in Alaska** A mum is found beaten to death and sexually assaulted in downtown Anchorage.
11.00 **Descent of a Serial Killer** The case of Lonnie Franklin Jr.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Fatal Frontier: Evil in Alaska** As 10.00pm.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** CCTV footage of a murder proves too fuzzy to be of any use. **4.30** A man goes to great lengths to prove his mother's innocence. **5.00** The investigation of a hit and run leads to a video reconstruction. **5.30** A grandmother is found murdered in her hotel room, but the killer wounds himself. **6.00** Two brothers whose rocky relationship ended in disaster. **6.30** A clue suggests a killing could be linked to a previous murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** Derrick Bird.
9.00 **Fred West: The Glasgow Girls**
11.00 **World's Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **Snapped** Lori Isenberg.
3.00 **Brit Cops: Rapid Response** Documentary.
4.00 **Highway Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the...**
8.35 **Britain on Film**
9.40 **My Grandparents' War**
10.45 **Mandate for Murder: Britain's Struggle in...**
11.55 **Normandy '44: D-Day and the Battle for...**
1.00 PM **America the Bountiful** Documentary.
1.35 **Britain on Film**
2.40 **My Grandparents' War**
3.45 **Mandate for Murder: Britain's Struggle in...**
4.55 **Normandy '44: D-Day and the Battle for...**
6.00 **America the Bountiful**
6.35 **Britain on Film**
7.40 **My Grandparents' War**
8.45 **Mandate for Murder: Britain's Struggle in Palestine** Documentary.
9.55 **Normandy '44: D-Day and the Battle for France** Documentary.
11.00 **My Grandparents' War**
12.00 M'T **America the...**
12.35 **to 2.00** AM **Mandate for Murder: Britain's...**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **One Shot: The Football Factory**
7.00 **Discovering: Jean Simmons**
8.00 **The Directors**
9.00 **The Sixties**
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.00 **Urban Secrets**
12.00 NOON **Inventing Truth: The Relotius Affair** Documentary.
2.00 PM **MoviePass, MovieCrash**
3.50 **My Icon: Kadeen Corbin**
4.00 **The Directors**
5.00 **Discovering: Jean Simmons**
6.00 **The Sixties**
7.00 **Dart Kings** 2/3. Focusing on the story of Jocky Wilson.
8.00 **The Ringleader: The Case of the Bling Ring** A crime spree by teens in 2008 and 2009.
10.00 **Hurst: The First and Only**
11.50 **Pantani: The Accidental Death of a Cyclist**
1.50 AM **My Icon: Anthony Joshua**
2.00 **Sergio Leone: The Italian Who Invented America**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Jean Simmons**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Africa's Wild Year**
10.00 **Island of the Monsoon**
11.00 **Orangutan Jungle School**
12.00 NOON **Into the Wild: Colombia**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Africa's Wild Year**
4.00 **Island of the Monsoon**
5.00 **Nature's Mass Attacks**
6.00 **Into the Wild: Colombia**
7.00 **Monkey Life** Double bill.
8.00 **Airborne** How animals use air to their advantage when finding and keeping a mate.
9.00 **Wildlife ER** New edition The work of staff at the RSPCA Hospital in Brisbane, Australia.
10.00 **Into the Wild: Colombia**
11.00 **Nature's Mass Attacks**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Wildest New Zealand**
2.00 **Airborne** As 8.00pm.
3.00 **Wildlife ER** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Africa's Wild Year**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Regency Cheltenham.
2.00 **Secrets of Great British Castles** Stirling Castle.
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Close Encounters**
8.00 **The UnXplained with William Shatner** Double bill.
10.00 **Medieval Murder Mysteries**
11.00 **Secret Societies: In the Shadows** The Freemasons.
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Wartime Dover.
3.00 **Secrets of Great British Castles** Leeds Castle in Kent.
4.00 **Weird or What?**
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Woods**
1.00 PM **The Real Murders of Atlanta** True-crime series.
2.00 **Killer USA**
3.00 **Killer Britain with Dermot Murnaghan** Sana Muhammad.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Murder By Medic**
9.00 **My Strange Arrest** New editions Double bill.
10.00 **Cops Uncensored**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Woods**
1.00 AM **My Strange Arrest**
2.00 **Phrogging: Hider in My House**
3.00 **Murder By Medic**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Swamp Men**
10.00 **Tiger Shark Terror**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **World's Deadliest Jellyfish**
3.00 **Legend of the Giant Squid**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** A young reindeer with many ailments urgently needs Dr Oakley's help.
8.00 **Africa's Hunters** A young lion who was rejected by its mother has grown to maturity, but now faces a series of new challenges.
9.00 **Africa's Deadly Kingdoms**
10.00 **Alaska: The Next Generation**
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** The team continue to look for the short-tailed river stingray.
1.00 AM **World's Deadliest Animals**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Revealed: Humayun's Tomb**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway** Chuck Zukowski searches for definitive proof of extraterrestrial life.
8.00 **Revealed: Humayun's Tomb** Exploring the world of the early Mughal Empire.
9.00 **Combat Dealers** Bruce Crompton views a collector's haul of World War Two Spitfires.
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** The final part of Henry Cole's ride along Route 66.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Underground Worlds**
1.00 PM **Underground Worlds**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 5/6. Mia returns to Manchester, having seemingly changed her ways and anxious to bury the hatchet. However, when she learns Finn's secrets, the chance for revenge on Allie is too tempting to pass up, leading to a climactic confrontation on the roof of the Renaissance Hotel. (S3)
10.20 **The Bill** *Burning the Books:* 9/11. CID officers set out on the trail of a thug who has stolen an important briefcase. **11.20** *Death of a Cracksman:* 10/11. Officers investigate an old fashioned safe cracker.
12.20 AM **Pointless** Double bill.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Underground Worlds**

+1 hour 266 376

ID

154 166

8.00 AM **The Killer in My Family**
9.00 **The Murder Tapes**
11.00 **Murder Chose Me**
1.00 PM **Betrayed**
3.00 **Til Death Do Us Part**
5.00 **True Conviction**
7.00 **Calls from the Inside** A man's first wife died in an apparent burglary and years later, his second wife is killed. Police must determine whether it's just a terrible coincidence or something more sinister. **8.00** When a ranch hand is found dead in a river outside of Salt Lake City, investigators across two states must work together to catch the killer.
9.00 **Kiss of Death** The murder of single mother Amy Theriault.
10.00 **Breaking Point**
11.00 **Ken and Barbie Killers: The Lost Murder Tapes**
12.00 M'T **House of Horrors: Kidnapped** Double bill.
2.00 AM **True Conviction**
4.00 **to 6.00** AM **Calls from the Inside**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's...**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop** Richard helps a friend fulfil his childhood dream.
8.00 **Roadworthy Rescues** Restoring a 1951 Chevy Deluxe.
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Twilight of the Warriors...**
8.15 **I.S.S** Sci-fi thriller. (2023, 15, 95min) ★★★
9.55 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
11.35 PREMIERE **Bad Boys: Ride or Die** As shown at 8.00pm.
1.35 PM **The Fall Guy** As 10.00pm.
3.45 **Twilight of the Warriors: Walled In** Action thriller. (2024, 15, 126min) ★★★
6.00 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★

8.00 Bad Boys: Ride or Die

8.00 PREMIERE **Bad Boys: Ride or Die** Action adventure sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★ *See review, page 22.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Fall Guy Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o and Joseph Quinn. (2024, 15, 100min) ★★★★
2.00 **Slingshot** As 6.00pm.
4.05 **to 6.00** AM **Christmas Eve in Miller's Point** Comedy drama starring Matilda Fleming. (2024, 12, 106min) ★★★★

Sky Cinema Hits

303 403 503 517

6.45 AM **The Cinema List: Musicals**
7.00 **Hulk** As shown at 5.15am.
9.30 **Aquaman and the Lost Kingdom** As 10.25pm.
11.50 **The Fast and the Furious** Action thriller. (2001, 15) ★★★
1.45 PM **2 Fast 2 Furious** Thriller. (2003, 12, 108min) ★★★
3.40 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
5.35 **The Amazing Spider-Man** Fantasy with Andrew Garfield. (2012, 12, 136min) ★★★

10.25 Aquaman and the Lost...

8.00 The Amazing Spider-Man 2 Fantasy adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Aquaman and the Lost Kingdom Fantasy adventure starring Jason Momoa and Yahya Abdul-Mateen II. The King of Atlantis sets out to defeat a ruthless mercenary, Black Manta. (2023, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **The Flash** Adventure. (2023, 12, 144min) ★★★
3.05 **Blue Beetle** Fantasy adventure. (2023, 12, 127min) ★★★★
5.15 **to 7.35** AM **Hulk** Fantasy. (2003, 12, 138min) ★★★

Sky Cinema Drama

310 410 510 524

7.35 AM **Safe Haven** Romantic thriller. (2013, 12, 113min) ★★★
9.45 **The Man with the Answers** Drama. (2021, 12, 80min) ★★★
11.20 **Freud's Last Session** Drama. (2023, 12, 109min) ★★
1.20 PM **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
3.30 **Magic Mike's Last Dance** Comedy drama sequel. (2023, 15, 112min) ★★★
5.35 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
8.00 **Chicago** Oscar-winning screen version of the Broadway musical, with Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
9.55 **The Girl on the Train** Thriller based on Paula Hawkins' novel, starring Emily Blunt, Rebecca Ferguson and Haley Bennett. (2016, 15, 107min) ★★★★
11.50 **Girl You Know It's True** Biopic. (2023, 15, 124min) ★★★
1.55 AM **What If** Romantic drama starring Daniel Radcliffe. (2013, 15, 98min) ★★★★
3.40 **Manodrome** Thriller with Jesse Eisenberg. (2023, 15) ★★★
5.20 **Sky Cinema Preview**
5.50 **to 7.40** AM **Wildhood** Drama. (2021, 15, 108min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.15 AM **Thir13en Ghosts** As 10am.
8.00 **Voyagers** Sci-fi thriller. (2020, 15, 108min) ★★★
10.00 **Thir13en Ghosts** Horror chiller. (2001, 15, 91min) ★★★
11.45 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
2.00 PM **Pearl** As 10.00pm.
3.55 **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
6.05 **The Nun II** Horror sequel starring Taissa Farmiga. (2023, 15, 110min) ★★
8.00 **Ghostbusters** Fantasy comedy reboot starring Kristen Wiig, Melissa McCarthy, Kate McKinnon and Leslie Jones. (2016, 12, 113min) ★★★
10.00 **Pearl** Horror starring Mia Goth. (2022, 15, 103min) ★★★★
11.50 **The Woman in Black: Angel of Death** Horror sequel starring Helen McCrory and Jeremy Irvine. (2014, 15, 95min) ★★★
1.40 AM **Paycheck** Sci-fi thriller with Ben Affleck and Uma Thurman. (2003, 12, 119min) ★★★★
3.50 **Vampire in Brooklyn** Horror comedy. (1995, 15, 101min) ★★
5.45 **to 7.30** AM **Mr Vampire II** Comedy horror sequel. (1986, 12, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.00 AM **It Takes Two** As 7.55pm.
8.55 **Paulie** As shown at 9.40pm.
10.35 **Twins** Action comedy. (1988, PG, 107min) ★★★
12.30 PM **Angus, Thongs and Perfect Snogging** Comedy. (2008, 12, 100min) ★★★★
2.20 **Goosebumps 2: Haunted Halloween** (2018, PG) ★★
4.00 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
5.35 **Blue Beetle** Adventure. (2023, 12, 127min) ★★★★

9.40 Paulie

7.55 **It Takes Two** Comedy starring Kirstie Alley and Steve Guttenberg. A 10-year-old orphan swaps places with her lookalike, the daughter of a widowed millionaire. (1995, U, 97min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Paulie** Family comedy starring Gena Rowlands, Tony Shalhoub and Cheech Marin. A talking parrot recounts his colourful life story. (1998, U, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Canterville Ghost** Animated family adventure featuring the voices of Stephen Fry and Hugh Laurie. (2023, PG, 89min) ★★
1.05 AM **The Canterville Ghost**
2.45 **The Horse Dancer** Family drama starring Sophie Bolen. (2017, PG, 114min) ★★★
4.50 **to 6.50** AM **Patch Adams** Fact-based comedy drama starring Robin Williams. (1998, 12, 115min) ★★

Sky Cinema Stunts

307 407 507 521

6.20 AM **Salt** As shown at 1.55am.
8.10 **Knights of the Zodiac**
10.20 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
12.15 PM **Ghost Rider: Spirit of Vengeance** (2012, 12) ★★
2.05 **The Fast and the Furious** Thriller. (2001, 15) ★★★
4.00 **2 Fast 2 Furious** Thriller. (2003, 12, 108min) ★★★
6.00 **The Fast and the Furious: Tokyo Drift** Action thriller. (2006, 12, 104min) ★★

2.05 The Fast and the Furious

8.00 **Fast & Furious** Action thriller sequel starring Vin Diesel and Paul Walker. A wanted man reunites with an old FBI agent pal to seek revenge on a drugs baron. With Michelle Rodriguez. (2009, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

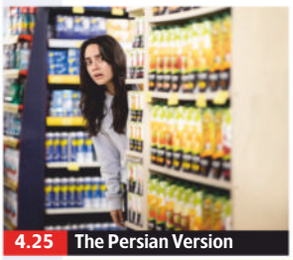
9.50 **Fast & Furious 5** Thriller sequel starring Vin Diesel, Paul Walker and Jordana Brewster. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. (2011, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Hand of Death** Action thriller starring Jackie Chan. (1976, 15, 95min) ★★★
1.55 **Salt** Thriller starring Angelina Jolie. (2010, 12, 99min) ★★★
3.40 **Knights of the Zodiac** Fantasy. (2023, 12, 112min) ★★
5.40 **to 7.35** AM **Project A** Hong Kong martial arts thriller. (1985, 12, 72min) ★★★

Sky Cinema Comedy

308 408 508 522

7.20 AM **What Happens Later** Comedy. (2023, 15) ★★★
9.05 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
10.45 **Shakespeare in Love** Comedy. (1998, 15, 122min) ★★★★
12.55 PM **Just Like Heaven** Fantasy. (2005, PG, 95min) ★★★★
2.35 **Love Again** (2023, 12) ★★★
4.25 **The Persian Version** Comedy drama. (2023, 15) ★★★
6.25 **Relax, I'm from the Future** Comedy. (2023, 15) ★★★


4.25 The Persian Version

8.00 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Boomerang** Comedy starring Eddie Murphy. A womanising ad man gets his comeuppance when his new female boss spurns his advances. (1992, 15, 117min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **I Love My Dad** Comedy. (2022, 15, 96min) ★★★
2.05 **BlackBerry** Comedy drama. (2023, 15, 120min) ★★★★
4.10 **Paint** Comedy drama. (2023, 12, 96min) ★★★
5.55 **to 7.40** AM **Fletch** Comedy adventure. (1985, PG) ★★★

Sky Cinema Crime

309 409 509 523

6.00 AM **Reindeer Games** Thriller. (2000, 15, 105min) ★★★★
7.50 **State of Play** Political thriller. (2009, 12, 127min) ★★★★
10.00 **Gunpowder Milkshake** Thriller. (2021, 15, 114min) ★★★
11.55 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
2.00 PM **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★
4.00 **Chappie** (2015, 15) ★★
6.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★

4.00 Chappie

8.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. An FBI agent becomes a celebrity, until the kidnapping of the reigning Miss United States reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

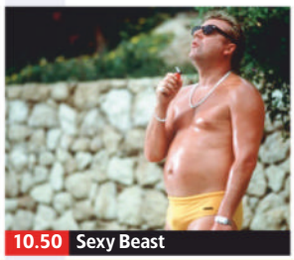
10.00 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Sin City** Gory film noir thriller starring Bruce Willis. (2005, 18, 124min) ★★★★
2.20 **Calvary** Darkly comic drama. (2014, 15, 99min) ★★★★
4.10 **to 6.00** AM **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **River of No Return** Western. (1954, PG) ★★★
12.55 PM **Gunfight at the OK Corral** Classic Western. (1956, PG, 122min) ★★★★
3.20 **Close Encounters of the Third Kind** Sci-fi classic. (1977, PG, 135min) ★★★★★
6.05 **Clear and Present Danger** Action thriller with Harrison Ford and Willem Dafoe. (1994, 12, 141min) ★★★


10.50 Sexy Beast

8 PM **Clear and Present Danger** (film started at 6.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Taken** Action thriller starring Liam Neeson and Maggie Grace. A divorced ex-spy tries to rescue his abducted daughter from a gang of sex traffickers in Paris. With Famke Janssen. (2008, 18, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **10.50** **Sexy Beast** Gangster thriller with Ray Winstone and Ben Kingsley. (2000, 18, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM **12.35** AM **Down Terrace** Comedy thriller with Robin and Robert Hill. (2009, 15, 89min) ★★
2.25 **to 4.00** AM **Thief** Crime thriller starring Richard Crenna. (1971, PG, 74min) ★★

+1 hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

6.55 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
9.10 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
11.10 **Steel Magnolias** As 3.00am.
1.10 PM **Airplane!** Spoof of disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
2.45 **Hook** Steven Spielberg's fantasy adventure with Robin Williams. (1991, U, 140min) ★★★

5.10 **Interstellar** Sci-fi drama with Matthew McConaughey, Anne Hathaway and Michael Caine. (2014, 12, 166min) ★★★★
8.00 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
10.20 **Pulp Fiction** Quentin Tarantino's black crime comedy, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★

1.00 AM **Taxi Driver** Martin Scorsese's drama starring Robert De Niro. (1976, 18, 110min) ★★★★★
3.00 **Steel Magnolias** Comedy drama starring Sally Field. (1989, PG, 115min) ★★★★
5.05 **to 7.20** AM **Ferrari** Drama. (2023, 15, 130min) ★★★

Sky Cinema Greats

304 404 504 518

6.35 AM **Sunset Boulevard** (1950)
8.35 **The Sugarland Express** Steven Spielberg's comedy drama. (1974, PG, 110min) ★★★
10.35 **The Shawshank Redemption** Prison drama with Tim Robbins. (1994, 15, 142min) ★★★★★
1.00 PM **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★
4.15 **Nobody's Fool** As 11.35pm.

6.15 **Airplane!** Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
8.00 **Airplane II: The Sequel** Comedy sequel starring Robert Hays. (1982, 15, 81min) ★★★
9.40 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. A baseball pitcher must spend $30million in 30 days to inherit an even bigger fortune. (1985, PG, 97min) ★★★
11.35 **Nobody's Fool** Comedy drama. (1994, 15, 111min) ★★★★

1.35 AM **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
3.40 **Sky Cinema Preview**
4.40 **to 7.00** AM **The Adventures of Baron Munchausen** Fantasy adventure starring John Neville. (1988, PG, 126min) ★★★★

Sky Cinema Animation

305 412 500 514

6.50 AM **The Ogglies** As 2.50am.
8.30 **Captain Underpants** As 4pm.
10.10 **Spider-Man: Across the Spider-Verse** As 7.20pm.
12.40 PM **The Rugrats Movie** (1998)
2.10 **The Lego Batman Movie** (2017)
4.00 **Captain Underpants** Animation. (2017, U, 89min) ★★★★
5.35 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★

7.20 **Spider-Man: Across the Spider-Verse** Animation featuring the voices of Shameik Moore and Hailee Steinfeld. (2023, PG, 140min) ★★★★
9.45 **The Rugrats Movie** Animated comedy with the voices of EG Daily and Christine Cavanaugh. (1998, U, 80min) ★★★
11.15 **Hotel Transylvania 3: Summer Vacation** As shown at 5.35pm.
1.00 AM **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★

2.50 **The Ogglies** Animated family adventure with the voice of Ben Young. (2021, PG, 85min) ★★★
4.30 **Sky Cinema Preview**
4.45 **to 6.20** AM **Riverdance: The Animated Adventure** Family animated fantasy. (2021, U, 90min) ★★★

Movies 24

312 419

7.00 AM **Meet Me in New York** Drama. (2022, PG, 90min) ★★
9.00 **The Song to My Heart** Drama. (2022, PG, 85min) ★★
11.00 **How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
1.00 PM **The Beauty of Love** Drama. (2021, PG, 90min) ★★
3.00 **A Paris Proposal** Romantic comedy with Alexa PenaVega. (2023, PG, 84min) ★★

5.00 **The Presence of Love** Drama starring Eloise Mumford. (2022, PG, 84min) ★★
7.00 **A Slice of Chicago Romance** Drama with Megan Elizabeth Barker. (2022, PG, 90min) ★★
9.00 **Autumn at Apple Hill** Comedy starring Erin Cahill. A woman inherits her grandparents' inn, and becomes suspicious when a hotel executive checks in. (2024, PG, 84min) ★★
11.00 **Campfire Romance** Romantic comedy. (2022, PG, 90min) ★★

1.00 AM **The Story of Love** Romantic comedy drama. (2022, PG, 91min) ★★
3.00 **to 5.00** AM **The Journey Ahead** Comedy drama. (2022, PG, 102min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **A Yank in Ermine** Comedy. (1955, U, 85min) ★★
7.40 **The Girl on the Pier** Drama. (1953, b/w, PG, 65min) ★★★
8.55 **Four Star Theatre** 16/38. (S3)
9.25 **Captain Scarlett** Adventure. (1952, U, 75min) ★★
11.00 **Glimpses: Travel to London**
11.15 **Date with Disaster** Drama. (1957, b/w, U, 61min) ★★★
12.30 PM **The Four Just Men** (S1)

1.05 **A Case for PC 49** Mystery.
2.45 **Orders Are Orders** Comedy. (1954, b/w, U, 78min) ★★★
4.20 **Eight O'Clock Walk** Thriller. (1953, b/w, PG, 87min) ★★
6.10 **Hombre** Western starring Paul Newman and Richard Boone. (1966, PG, 111min) ★★★
8.25 **Strange But True**
9.05 **Doomwatch** 1/13. (S1)
10.10 **The Monster** Horror with Joan Collins. (1975, 18, 95min) ★★
12.05 AM **Out of Bounds** Thriller. (1986, 15, 93min) ★★★

1.55 **Candyman 2: Farewell to the Flesh** Horror sequel starring Tony Todd. (1995, 18, 95min) ★
3.50 **Sheepdog of the Hills** Drama starring David Farrar and Philip Friend. (1941, U, 77min) ★★★
5.20 **Look at Life**
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM LIVE **DP World Tour Golf** Coverage of day two of the Dubai Desert Classic at Emirates Golf Club in the United Arab Emirates.
1.30 PM **Total Football**
3.00 LIVE **SA20 Durban's Super Giants v Sunrisers Eastern Cape.** Coverage of the T20 game from Kingsmead Cricket Ground.
7.00 LIVE **EFL Burnley v Sunderland.** Coverage of the Championship match at Turf Moor. The two former top-flight sides are among the teams hoping to earn promotion to the Premier League this term. Kick-off is at **8.00pm**.
10.30 LIVE **PGA Tour Golf** Coverage of day two of the American Express from PGA West Stadium Course at La Quinta Country Club.
12.00 M'T **Sky Sports News**
2.00 AM **My Icon** A profile.
2.15 LIVE **ICC U19 Women's World T20 England v Ireland.** Coverage of the Group B match staged at Johor Cricket Academy Oval in Malaysia.
5.30 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the third day of the Dubai Desert Classic staged at Emirates Golf Club.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **Total Football** The definitive take from the managers and players.
5.00 PM **The Transfer Show** Analysis of the latest transfer news.
5.30 **Premier League Icons** A profile of Cristiano Ronaldo.
6.00 **Premier League Preview** A look ahead to the weekend.
6.30 LIVE **WSL Liverpool v Brighton & Hove Albion.** Coverage of the Women's Super League match staged at Totally Wicked Stadium. Kick-off **7.00pm**.
9.30 **Fantasy Show** Insight and tips ahead of the weekend's fixtures.
10.00 **The Big Interview** Featuring a star of the past or present.
10.30 **Premier League Preview**
11.00 **Premier League Years** Featuring memorable moments from the 2017/18 season.
1.00 AM **PL Retro** Liverpool v Chelsea from the 2013/14 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Retro League One**
8.45 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **Bundesliga Highlights Show**
2.00 **SPFL Highlights**
2.30 **EFL Highlights**
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.00 **SPFL Highlights**
4.30 **EFL Highlights**
5.00 **Bundesliga Weekly**
5.30 **Bundesliga Highlights Show**
6.30 **EFL Highlights**
7.00 LIVE **EFL Burnley v Sunderland.** Coverage of the Championship match at Turf Moor. It was Sunderland who took the honours with a 1-0 win when the sides met at Stadium of Light in August. Kick-off is at **8.00pm**.
10.30 **EFL Greatest Games**
11.30 **WSL** Liverpool v Brighton from Totally Wicked Stadium.
12.00 M'T **EFL** The 2014/15 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **SA20** T20 highlights.
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League Sydney Sixers v Sydney Thunder.** Coverage of the T20 match at Sydney Cricket Ground.
11.30 **Big Bash League**
12.30 PM **The Best of the BBL**
12.45 **Anderson's Greatest Spells**
1.00 **Women's World T20**
2.00 **SA20** T20 highlights.
3.00 LIVE **SA20 Durban's Super Giants v Sunrisers Eastern Cape.** The T20 match from Kingsmead Cricket Ground.
7.30 **Anderson's Greatest Spells**
7.45 **Blue for Bob** A Bob Willis tribute.
8.00 **Big Bash League**
9.00 **SA20** Recent T20 highlights.
11.00 **Big Bash League**
12.00 M'T **Best of England v S Africa**
12.15 AM **Women's World T20**
2.15 LIVE **ICC U19 Women's World T20 England v Ireland.** Coverage of the Group B match from Johor Cricket Academy Oval.
5.30 **ICC Women's World Cup 2017**
5.45 **Lord's Pavilion Portraits**
5.50 **to 5.55** AM **Women's Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **DP World Tour Golf** Coverage of day two of the Dubai Desert Classic at Emirates Golf Club in the United Arab Emirates.
1.30 PM **Uncommon: Building a Boston Sports Team**
2.00 **PGA Tour Champions: 2024 Year in Review**
2.30 **My Ryder Cup**
3.00 **PGA Tour Champions Learning Centre** Fitness advice and tips.
4.00 **DP World Tour Golf**
4.30 LIVE **PGA Tour Golf** Coverage of day two of the American Express from PGA West Stadium Course at La Quinta Country Club.
12.00 M'T **DP World Tour Golf**
12.30 AM **My Ryder Cup**
12.45 **Celebrity Kop Club**
1.00 **PGA Tour Golf**
2.00 **DP World Tour Golf**
2.30 **My Ryder Cup**
2.45 **Celebrity Kop Club**
3.00 **My Ryder Cup**
3.30 **DP World Tour Golf**
4.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of day three of the Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates. Northern Ireland's Rory McIlroy finished one stroke clear of Poland's Adrian Meronk last season to win the title for the second successive year.

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **Women's Ashes Australia v England.** The third and final ODI from Ninja Stadium.
7.30 **Premier League: Big Interview**
8.00 **Premier League Netbusters**
8.30 LIVE **Isuzu UTE A-League Western Sydney Wanderers v Central Coast Mariners.** From CommBank Stadium in Parramatta. Kick-off **8.35am**.
10.30 **Premier League Review**
11.30 **Premier League Stories**
12.00 NOON **Premier League**
4.30 PM **NBA on Fire** The latest news.
5.00 **The Fantasy Show**
5.30 **Women's Ashes**
7.00 **Premier League Preview**
7.30 **What I Wore** Paul Gascoigne.
7.45 **Tom Aspinall's Fight Lab**
8.30 **Women's Ashes**
9.30 LIVE **Women's T20 Super Smash Otago Sparks v Wellington Blaze.** Coverage from University of Otago Oval.
1.00 AM **TNT Sports Cricket Reload**
1.15 LIVE **T20 Super Smash Otago Volts v Wellington Firebirds.** The T20 match.
4.45 **TNT Sports Cricket Reload**
5.00 **Premier League Preview**
5.30 **to 6.00** AM **PL Netbusters**

TNT Sports 2

411 871 528 409 431

6.30 AM **Premier League Review**
7.30 **Vendee Globe Highlights**
8.00 **TNT Sports Reload**
8.30 LIVE **A-League Women Western United v Melbourne City.** Kick-off is at **8.35am**.
10.30 **Women's ODI Cricket**
11.30 **Serie A – Full Impact**
12.00 NOON **Vendee Globe**
12.30 PM **Fishing: On the Bank**
1.30 **Women's Ashes**
3.00 **SailGP – Racing on the Edge**
3.30 **Formula E** Mexico City.
4.30 **Serie A – Full Impact**
5.00 **Isuzu UTE A-League**
6.00 **Ultimate Pool** Recent action.
7.30 **Fishing: On the Bank**
8.30 **SailGP – Racing on the Edge**
9.00 **Autumn Nations Series**
9.30 **UEFA Champions League**
10.00 **Isuzu UTE A-League**
11.00 **Premier League Netbusters**
11.30 **Premier League Preview**
12.00 M'T **The Fantasy Show**
12.30 AM **NBA Action** Highlights.
1.00 **NBA on Fire** The latest news.
1.30 LIVE **NBA Dallas Mavericks v Oklahoma City Thunder.**
4.00 **to 6.00** AM LIVE **Isuzu UTE A-League Auckland FC v Melbourne City.** Kick-off **4.00am**.

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE **T20 Super Smash Central Stags v Canterbury Kings.** Coverage of the match from McLean Park in Napier.
8.15 **TNT Sports Cricket Reload**
8.30 **MotoGP** Highlights from the Grand Prix of Catalunya. **12.00** NOON Grand Prix of Italy. **3.30** PM Action from the Grand Prix of Emilia-Romagna.
7.00 PM **Women's One-Day International Cricket** Action from the third and final ODI in the series between India and Ireland.
8.00 **Premier League Review**
9.00 **The Fantasy Show** Insight and tips ahead of the weekend.
9.30 **Fight Week** UFC 311 preview.
10.00 **Tom Aspinall's Fight Lab**
10.45 **UFC Countdown** A look ahead to the upcoming UFC 311 action.
11.45 **UFC** Another chance to see Mackenzie Dern v Amanda Ribas.
2.45 AM **UEFA Champions League – Stories of the Finals**
3.00 LIVE **SailGP** Coverage of the first day of the second round of the season from Auckland.
4.30 **Vendee Globe Highlights**
5.00 **to 6.00** AM **Women's One-Day International Cricket**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Highlights** Detroit Lions v Green Bay Packers. **11.00** Philadelphia Eagles v Washington Commanders. **12.00** NOON Baltimore Ravens v Houston Texans.
1.00 PM **Good Morning Football**
3.00 **One Jets Drive**
3.45 **NFL Bitesize Highlights**
4.00 **Kansas City Chiefs: The Franchise** Behind the scenes.
4.30 **NFL Gameday**
5.00 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **Here Come the Irish**
8.30 **NFL Bitesize Highlights** Action from the sixth Wild Card play-off. **8.45** The fifth Wild Card play-off.
9.00 **NFL Gameday**
9.30 **NFL Bitesize Highlights**
10.00 **One Jets Drive**
10.45 **NFL Bitesize Highlights**
11.00 **Kansas City Chiefs: The Franchise** Behind the scenes.
11.30 **Here Come the Irish**
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** Tour highlights.
1.00 PM **US Open** The singles finals.
2.00 **US Open Classic Matches**
4.00 **Tennis** Tour highlights.
6.00 **US Open** The singles finals.
8.00 **Tennis** The United Cup final at Ken Rosewall Arena in Sydney.
10.00 **US Open Classic Matches** Andy Murray v Rafael Nadal from 2008.
11.00 **Tennis** Tour highlights.
1.00 AM **US Open** The singles finals.
3.00 **to 6.00** AM **US Open Classic Matches**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
12.00 NOON **Big Bash League**
1.00 PM **Big Bash League**
4.05 **SA20** Recent action.
5.00 **The Rugby Championship**
7.00 **Super League Highlights**
7.15 **Bundesliga Legends**
7.20 LIVE **Bundesliga Eintracht Frankfurt v Borussia Dortmund.** Coverage from Deutsche Bank Park. Kick-off **7.30pm**.
9.30 **Super League Highlights**
10.00 **The Rugby Championship**
12.15 AM **One Championship Weekly**
12.45 **Super League Highlights**
1.15 **DP World Tour Golf**
2.15 LIVE **ICC U19 Women's World T20 Samoa v Nigeria.** The Group C match at Borneo Cricket Ground in Sarawak, Malaysia.
5.30 **to 6.00** AM **Super League Highlights** Top-flight action.

TNT Sports 4

421 876 530 411 434

6.00 AM LIVE **Isuzu UTE A-League Western United v Newcastle Jets.** Coverage of the Australian top-flight match at Ironbark Fields in Melbourne. Kick-off **6.00am**.
8.00 **Fishing: On the Bank**
9.00 **T20 Cricket Highlights**
12.00 NOON **TNT Sports Reload**
12.30 PM **NBA Originals**
1.00 **NBA** Two match replays.
4.00 **NBA Action** Highlights.
4.30 **NBA Classic** Archive action.
5.30 **NBA** Two match replays.
8.30 **NBA on Fire** The latest news.
9.00 **NBA Action** Highlights.
9.30 **NBA** Thunder v Cavaliers. **11.00** Kings v Rockets.
12.30 AM **ABB FIA Formula E World Championship Highlights**
1.30 **Premier League Netbusters**
2.00 **Isuzu UTE A-League**
3.00 **Premier League Review**
4.00 **The Fantasy Show**
4.30 **UFC Countdown**
5.30 **to 6.00** AM **TNT Sports Reload**

Eurosport 1

413 870 521 412 435

5.30 AM LIVE **Australian Open Tennis** Coverage of day six of the opening Grand Slam event of the season at Melbourne Park, featuring third-round matches.
1.00 PM LIVE **Masters Snooker** Coverage of the third quarter-final on day six from Alexandra Palace.
4.30 **Snooker 147s** Shaun Murphy.
4.55 LIVE **Ski Jumping** Coverage of the qualifying session for the men's HS140 competition in the meeting from Zakopane, Poland.
6.00 **Masters Snooker** Quarter-finals.
6.45 LIVE **Masters Snooker** Coverage of the fourth quarter-final on day six from Alexandra Palace in London.
10.30 **Masters Snooker** Quarter-finals.
11.30 **Dakar Rally** The final stage.
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Coverage of day seven of the opening Grand Slam event of the season at Melbourne Park, featuring third-round ties.

Eurosport 2

414 871 522 413 436

5.30 AM LIVE **Australian Open Tennis** Coverage of day six of the Grand Slam event at Melbourne Park, featuring third-round ties.
11.30 LIVE **Alpine Skiing** Coverage of the men's super-G competition from Wengen, Switzerland.
1.20 PM LIVE **Biathlon** Coverage of the men's 4x7.5km relay from Ruhpolding, Germany.
2.40 LIVE **Cross-Country Skiing** The women's 10km freestyle from Les Rousses in France.
4.00 **Alpine Skiing** From Wengen.
5.00 **Freestyle Skiing** From Italy.
6.00 **Snowboarding** From Turin, Italy.
7.00 **Biathlon** From Ruhpolding.
8.00 **Dakar Rally** The final stage.
9.00 **Alpine Skiing** From Wengen.
10.00 **Biathlon** From Ruhpolding.
11.00 **Australian Open Tennis**
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Coverage of day seven at Melbourne Park, featuring third-round matches.

Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Total Football**
5.00 PM **The Transfer Show**
5.30 **Sports Centre**
6.00 LIVE **Golf** Coverage of day two of the Latin American Amateur Championship at Pilar Golf in Buenos Aires, Argentina. Santiago de la Fuente of Mexico won this title last year in Panama City, finishing two strokes clear of compatriot Omar Morales.
9.00 **Sky Sports News** With live analysis, comment and interviews.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
2.00 AM **My Icon** Nasser Hussain.
2.15 LIVE **ICC U19 Women's World T20 Australia v Scotland.** Coverage of the Group D match at UKM-YSD Cricket Oval in Bangi, Malaysia.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Secret Cinema**
12.30 PM **Graham Hill: World Champion**
1.00 **Formula 1** Spanish Grand Prix.
7.55 **F1 Explained: Altitude**
8.00 **Secret Cinema**
8.30 **Formula 1** Spanish Grand Prix.
10.40 **Ted Drives** With Alpine.
11.00 **Formula 1** Spanish Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

BBC iPLAYER

The Dumping Ground

Friday, 6pm, CBBC & BBC iPlayer

The drama inspired by Jacqueline Wilson's books returns for a 13th season and there's change a-plenty at the children's home.

Oscar (Michael Carpenter, right), Frankie (Blake Robinson, centre) and Shanice (Raniah Morton) provide the usual fun and drama, two sisters arrive amid fireworks, Jimi is thrown when his errant brother appears, and there's a new care worker who is sure to shake things up.

Keep your eyes peeled for Dani Hamer, who is back as Tracey Beaker later on in the series.

Disney+ Encanto

Available now, Disney+

This magical fantasy adventure had us all singing 'We don't talk about Bruno' back in 2021 – but now is a great time to talk, not just about the lost Madrigal, but also about Lin-Manuel Miranda, who wrote *Encanto*'s original songs and will be celebrating his 45th birthday on Thursday (16 January).

Lin-Manuel, who wrote the music for *Moana* and the Broadway smash *Hamilton*, also composed the new music for *Mufasa: The Lion King*, in cinemas now.

More great shows to watch this week...

Epic Tails

Available now, ITVX

A fun feature-length animated story following a mouse called Pattie, who lives in Ancient Greece and yearns for adventure – a wish which looks like it will come true when the city is threatened by Poseidon himself.

Blue Peter: Gladiators Takeover!

Friday, 5pm, CBBC

Gladiators Apollo and Electro challenge viewers to send in videos of their signature moves, for the chance of appearing on the show.

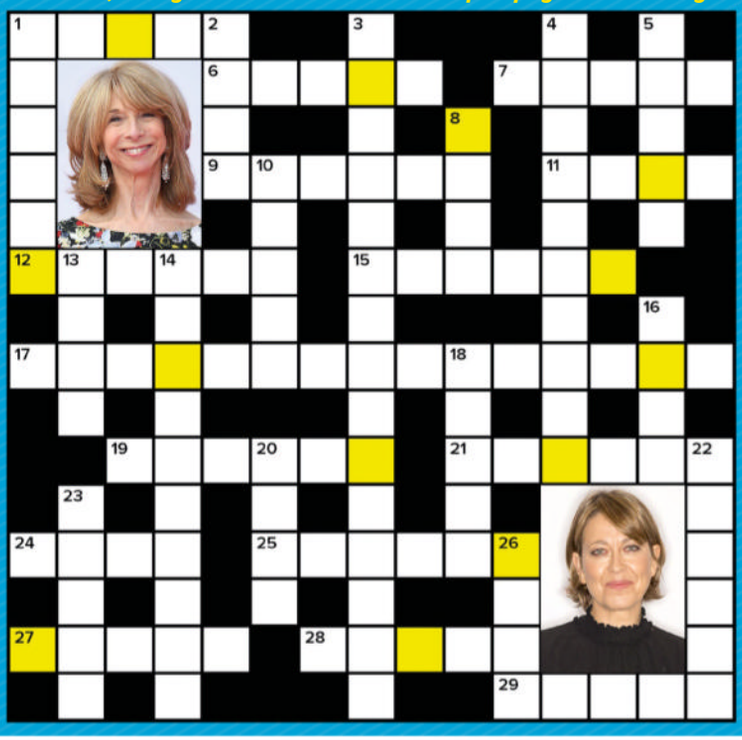
The InBESTigators

Daily, 6am, POP MAX

Tune into a marathon of *InBESTigators* episodes, featuring the gang of five solving mysteries in their neighbourhood.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of an English actor (4,9). To enter, see right. Answers at the bottom of the page – no cheating!



ACROSS

1 See picture clue: Helen -----, played Gail in *Coronation Street* (5)
6 Jeremy -----, voiced Scar in 1994 animated film *The Lion King* (5)
7 Vocalist in English rock band Led Zeppelin, Robert ----- (5)
9 Star of US sitcom spin-off *Rhoda*, Valerie ------ (6)
11 Welsh comedian and television presenter, ---- Gilbert (4)
12 *The* ------ *Garden*, 1987 film starring Colin Firth (6)
15 *Father Ted* setting, ------ Island (6)
17 Canadian director of 1987 horror movie *The Fly* (5,10)
19 Felicity ------, star of vintage BBC1 sitcom *The Good Life* (6)
21 Dame Maureen Lipman's role in *Corrie*, ------ Plummer (6)
24 Stanley Kubrick's 1999 movie with Tom Cruise, *Eyes Wide* ---- (4)
25 *Emmerdale* family name of Cain, Charity and Mandy (6)
27 Starred in the 1992 film *Basic Instinct*, Sharon ----- (5)
28 *Masters of the Universe* superhero (2-3)
29 2007 film starring Justin Timberlake, ----- *Dog* (5)

DOWN

1 Kevin Costner film from 1991, *Dances with* ------ (6)
2 ---- *Anxiety*, 1977 spoof film directed by Mel Brooks (4)
3 TV detective played by Nathaniel Parker (9,6)
4 Played Rhett Butler in 1940 film *Gone with the Wind* (5,5)
5 US rapper, record producer and actor, ----- Dogg (5)
8 1964 Shirley MacLaine and Jack Lemmon film, ---- *la Douce* (4)
10 2009 sci-fi family film with Ashley Tisdale, *Aliens in the* ----- (5)
13 *Dear* ---- *Hansen*, 2021 coming-of-age musical starring Ben Platt and Julianne Moore (4)
14 ---------- *Cowboy*, Glen Campbell hit released in 1975 (10)
16 1993 Take That song (4)
18 Marilyn Monroe's co-star in 1955's *The Seven Year Itch*, Tom ----- (5)
20 2001 comedy film, with Ashton Kutcher----, *Where's My Car?* (4)
22 See picture clue: ------ Walker, star of *Last Tango in Halifax* (6)
23 Restaurateur, Marco Pierre ----- (5)
26 Barry Humphries' character Dame ---- Everage (4)

WORDS: LYNETTE BRIGHTON, NICHOLAS CANNON. PHOTOS: SHUTTERSTOCK, BBC, DISNEY, THE INBESTIGATORS 2019.

CROSSWORD SOLUTION

ANSWER: Neil Morrissey **ACROSS:** 1 Worth 6 Irons 7 Plant 9 Harper 11 Rhod 12 Secret 15 Craggy 17 David Cronenberg 19 Kendal 21 Evelyn 24 Shut 25 Dingle 27 Stone 28 He-Man 29 Alpha
DOWN: 1 Wolves 2 High 3 Inspector Lynley 4 Clark Gable 5 Snoop 8 Irma 10 Attic 13 Evan 14 Rhinestone 16 Pray 18 Ewell 20 Dude 22 Nicola 23 White 26 Edna

Coming soon

James Norton plays Harold

FIRST LOOK

King & Conqueror

James Norton and Nikolaj Coster-Waldau star in a Battle of Hastings drama

Nikolaj Coster-Waldau as William

The fight to claim the throne of England in 1066 is being brought into the spotlight for BBC1's upcoming period drama *King & Conqueror*.

In the eight-part series, airing later in 2025, James Norton plays Harold Godwinson, Earl of Wessex, who, following the demise of King Edward the Confessor (Eddie Marsan), becomes monarch. But over in Normandy, Harold's one-time ally Duke William, portrayed by Nikolaj Coster-Waldau, also has a right to be king…

As the private lives and passions of both men are explored, their political power struggle leads to the Battle of Hastings, which results in death for one and victory for the other and changes the country for ever.

STAR-STUDDED CAST

The drama, which was filmed in Iceland, sees Emily Beecham as Harold's spouse Edith Swan Neck, while Clémence Poésy is William's wife Matilda and Juliet Stevenson is Edward's mother Lady Emma. Geoff Bell plays Harold's father Godwin and Clare Holman is Harold's mother Gytha.

'An incredible amount is true, and it's such an integral part of English history. It's the first date we learn – 1066, the Battle of Hastings. No one knows much more about it than that. But what has continued to propel us forward is this gallery of interesting characters,' says Norton, who is an executive producer on the series. 'It contextualises their stories – it wasn't just meaningless grabs for power – they were husbands and fathers.'

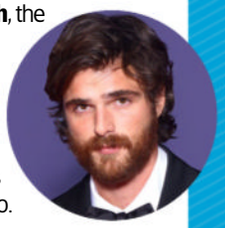
WHAT'S NEXT FOR…

Gugu Mbatha-Raw

The actor will appear in Sky Atlantic's drama **Inheritance** as a biracial lawyer who heads to Jamaica to look into a claim involving a wealthy estate, but finds herself confronting her own terrors and the island's dark history.

Jacob Elordi

In BBC1's adaptation of Richard Flanagan's novel **The Narrow Road to the Deep North**, the star plays Dorrigo, a prisoner of war in Burma in World War Two who is haunted by a love affair. Ciarán Hinds is the older Dorrigo.



Tom Daley

C4's knitting competition **Game of Wool** will see the Olympic diver and keen knitter host proceedings as 10 contestants work on a range of tricky group and individual knits to put their needle skills to the test.

Coming Back

In a second run of Sky Atlantic's blackly comic thriller **Sweetpea**, Ella Purnell will reprise her role as vengeful serial killer Rhiannon Lewis, whose murderous secret takes her in even dark directions.

Next week On sale Tuesday 14 January

Out There

Martin Clunes plays a farmer trying to protect his son from drug dealers in ITV1's thriller.

Prime Target

Apple TV+'s thriller sees Quintessa Swindell and Leo Woodall tackling a conspiracy.

Gladiators

More contenders do battle with the scary athletes as the series returns on BBC1.

Star Trek: Section 31

In Paramount+'s film, Philippa Georgiou (Michelle Yeoh) confronts her past on a new Starfleet mission.

WORDS: CAREN CLARK; PHOTOS: APPLE TV+, BBC, GETTY, ITV, PARAMOUNT+, SKY

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For subscriptions inquiries, call 0330 333 1113
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